



ELDER Expo 2011

Activities for the 19th Annual Elder Expo e-ventplex at the Frederick Fairgrounds

Tuesday, October 4, 2011

Building 9 (Exhibitor Building)

4 - 6 p.m.....Exhibitor set-up

Wednesday, October 5, 2011

Building 9 (Exhibitor Building)

7 - 8:30 a.m.....Exhibitor set-up *Must be set up no later than 8:30am

9 a.m. - noon.....Expo Attendee Registration

9 a.m. - 2 p.m.....Exhibitors available for attendees

9 a.m. - 2 p.m.....Flu Shots - Maxim Health Services

9 a.m. - 2 p.m.....Health Screenings - FMH Wellness Center

Body Fat analysis - FREE

Grip Strength - FREE

Diabetes information - FREE (provided by a certified diabetes educator)

9 a.m. - 2 p.m.....Cardiac Rehab - FMH Cardiac/Pulmonary Rehab and Medical Fitness

Cardiac Risk Assessment - FREE

Blood Pressure Screening - FREE

Building 12 - Lunch

(Door Prize drawings will be held during all three lunch seatings)

11 - 11:45 a.m.....Lunch seating ONE

Noon - 12:45 p.m.....Lunch seating TWO

1 - 1:45 p.m.....Lunch seating THREE



ESPC

Elder Services Provider Council | Frederick, MD

For more information, contact
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