

FREE SENIOR HEALTH & SAFETY FAIR



TUESDAY, MAY 1ST
10 AM - 2 PM



at Beale Memorial Baptist Church
19622 Tidewater Trail • Tappahannock, VA 22560



FREE Health Screenings

- Balance Assessment
- Blood Pressure
- Blood Sugar
- Cancer Risk Assessment

FREE Information

- Tips on Personal Safety
- Defying Ageism
- Safeguarding Your Finances
- Learn about Medicare
- Community Services for Seniors



**FREE transportation provided! Call (804) 250-2011 by
Friday, April 27 to reserve your seat.**

