salem terrace
at Harrogate

Health & Wellness Fair

Friday, July 20 | 1-4PM

Blood Glucose Testing, Blood Pressures, Balance Assessments, Fall Risk, Vision and Hearing Professionals.

- 1pm - Alzheimer's Association presentation *Love Your Brain*
- 2pm - Kennedy Health & Wellness presentation *Nutrition & Aging*
- 3pm - Seated Yoga Demo

Free Healthy Snacks will be provided. Door prize drawings every hour.

1851 Harrogate Drive • Salem, VA • (540) 444-0343 • salemterrace.com

Assisted Living • Memory Care • Respite Care • Rehab & Therapy