



Health Fair

Friday, April 20

9:00 am—Noon

Orange Senior Center
Screenings by UH Ahuja

Free Screenings:

Cholesterol, glucose, blood pressure & more!

Free demonstrations:

10:00—Reiki, **11:40**—Tai Chi/Qigong

Break out Sessions:

9:30: *Diabetes: What you Need to Know*

10:00: *Health Screenings: Know Your Numbers*

For additional information,
call the Orange Senior Center
at 216-831-8600 ext 5700
32205 Chagrin Blvd., Pepper Pike