

FREE ADMISSION  
FREE PARKING

SATURDAY, MARCH 29, 2014

9 A.M. TO 2 P.M.

# Watertown Wellness Expo

Living, Learning and Laughing in Adulthood

Location: Bethesda, 700 Hoffman Road, Watertown



## Join us

as we embrace healthy living. With engaging sessions, live demonstrations, tradeshow floor, free giveaways and more.

## Exhibits open

at 9 a.m.

## Session titles

9 a.m.: Medication Safety: What You Need to Know

10 a.m.: Mental Fitness: Tips and Techniques

11 a.m.: Dementia Aware. Dementia Friendly. What does that mean?

1 p.m.: Caring too much? Laughing too little? Laugh for the health of it



The expo is brought to you by:

**alzheimer's**  **association**<sup>®</sup>

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A MINISTRY OF THE LUTHERAN  
HOME ASSOCIATION



Sponsors/exhibitors include Continuous, Golden Living Centers, Home Health United, Inc., Home Instead Senior Care, Our House Senior Living, Rainbow Hospice Care, State Bank of Reeseville and Visiting Angels Living Assistance Services