

## Senior Health Fair

# FREE Health Screenings

Monday - October 17, 2022

10:00 am - 1:00 pm

Immanuel Lutheran Church

491 8th Avenue South

Princeton, MN 55371

- Balance
- Blood Pressure
- Diabetes
- Mental Health & Wellness
- Stroke
- Nutrition
- Sleep
- And more!

Adults  
**50+**

Free information will be available to assist you in remaining healthy, active, and prepare for the future!

Live  
Your Best  
Life!

**FREE  
LUNCH  
PROVIDED**

Partnership of:  
Central MN Council on Aging, Central MN Foster Grandparent Program, Anoka Ramsey Technical College, and Immanuel Lutheran Church

Presentations by: Williams Dingmann Family Funeral Home, and Mid-MN Legal Aid

Questions: Martha Ahlschlager  
612.240.1885