

SPRING SENIOR SEMINAR

"Power in Knowing"

Thursday, April 25, 2019

Registration starts @ 8:30 AM

Free
Education for the
Community

***Door Prizes &
Refreshments***

9 AM to Noon



- Medicare Benefits and How to Navigate the System
- Social Security Benefits You May Not Know About
- Preparing for Emergencies
- Low Impact Exercises

**Location: Oklahoma City County Health Department
Northeast Regional Health & Wellness Campus
2600 NE 63rd, OKC**

Presented by the Community Alliance for Healthy Aging

For more information, e-mail agingseminar@gmail.com or call Redeemer
Lutheran Church: 427-6863