

Health Fair Health Walk

Oct 2nd 10-1pm Oct 3rd 10-1pm

Please support this fundraiser at 68 Elm St. Amesbury Ma—to maintain quality of activities & services sponsored by the Amesbury Council on Aging Senior Community Center, the FCOA including programs like Greenleaf Supportive Day.

Friday October 2nd

Health Fair

FREE and open to the public!
Sponsor tables
Information sharing,
Blood drive
Educational presentations
Free vision & hearing screenings
Flu shots
Grab -n-go lunches
Freebies

Saturday October 3rd

Health Walk

Walk along the River Walk (2.6 miles or less) with friends & family!
Warm up and stretching!
Free massage!
Snacks and water!
\$10 students and seniors
\$20 individual in advance, \$25 day of walk
\$30 Families 2 or more, \$35 day of walk
\$50 Team, \$60 day of walk

Thank you to Anna Jaques Hospital and...

Adult Fostercare North Shore
Amesbury Police Department
Amesbury Lions Club; Eye Mobile
Amesbury Health Care Trust Commission
Amesbury Fire/Emergency Management
Amesbury Public Library
American Red Cross
Avita of Newburyport
Brigham Health & Rehabilitation
Community Action Inc
Edward Jones
Elder Law Solutions
Elder Services of the Merrimack Valley
Fallon Healthcare

Holy Family Hospital
Innate Energy Massage
Mass Commission for the Blind
Masshealth
Merrimack Valley Health Center
Methuen Village
MVRTA Transportation
Northern Essex Elder Transport
Northeast Rehabilitation Hospital
Pause Yoga
Perfect Dental
Rite Aid
Shaheen Bros
United Healthcare

Please register online at www.amesburyma.gov/senior-community-center or by mail 68 Elm St., Amesbury, MA 01913 : checks payable to the Amesbury FCOA. Please contact Doreen Brothers, LSW, CPT or Annmary Connor, LICSW at 978-388-8138. THANK YOU!