

Active healthy aging
will be the focus of the

Senior Health and Wellness Expo



**September 24
4-7 p.m.**

**Anderson Center
7850 Five Mile Road**

Activities

- ◆ Demonstrations
- ◆ Speakers-Stress Management, Social Isolation, Avoiding Scams
- ◆ Music
- ◆ Performances by ATSC members
- ◆ Food samples

Exhibitors...

- ◆ Anderson Art Collaborative
- ◆ Anderson Branch Library
- ◆ Area Aging Agencies
- ◆ COA-Council on Aging
- ◆ MOW-Meals on Wheels
- ◆ Pro Seniors
- ◆ Social Security
- ◆ Arthritis Foundation
- ◆ Anderson Mental Health Collaborative
- ◆ And more.....



Active Healthy Aging
Info: 513.474.3100

Find out more online:
AndersonTownshipOh.gov/Senior-Center



Featured organizations
at the
**Senior
Health and
Wellness
Expo**



Anderson Township Senior Center The Anderson Township Senior Center is a popular weekday venue for hundreds of older individuals in Anderson Township and the area. Focused on active, healthy aging, the center provides a full menu of activities each week to meet the interests and needs of its population. Info: AndersonTownshipOh.gov/senior-center.



Anderson Art Collaborative Using art as a vehicle to drive creative collaboration is the mission of the Anderson Art Collaborative. Local artists and volunteers engage in community projects with the goal of fostering a more connected, vibrant inclusive community. Info: AndersonArtCollaborative.com.



Council on Aging Helping older individuals stay in their home is the simple mission of Cincinnati's Council on Aging. The organization provides cost-effective, compassionate alternatives to nursing home care. Info: help4seniors.org.



Hamilton County Public Health The clearing house for county health information is the Hamilton County Public Health Department. Services include help with environmental health and education, harm reduction, clinical services, emergency planning, birth and death certificates and more. The Health and Wellness Expo is funded in part with a grant from the department. Info: hamiltoncountyhealth.org.



Meals on Wheels Southwest Ohio and Northern Kentucky With more Cincinnati-area residents aging in place, Meals on Wheels can provide a variety of services to help older adults manage needs and flourish when staying in their own homes. Info: muchmorethanameal.org.



Metro Access Metro Access is Cincinnati's link to accessible public transportation for persons with disabilities. The shared-ride program works with a small bus system, providing origin-to-destination transportation. Info: go-metro.com/accessibility/access-program.



Pro Seniors Pro Seniors is a resource for advice, advocacy, representation and justice for seniors in Ohio, provided at no-cost. The organization helps with Medicaid issues and Medicare denial, elder abuse, senior exploitation and more. Info: proseniors.org.



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