Senior Information Event in Ocean Shores

Local News

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OCEAN SHORES, Wash. - Olympic Area Agency on Aging Nurse Services and Senior Information and Assistance are hosting a free Information & Assistance - Staying Independent Fair on Thursday April 12, 2012, 9:30 a.m. to 3:30 p.m. (doors open at 9:00 a.m.) at the Ocean Shores Convention Center, 120 W. Chance A La Mer NW.

There will be professional guest speakers, clinics and exhibits which will include information on services for older adults and persons with disabilities, with a focus on staying independent and preventing falls.

This event is free and open to the public so come for a short visit or enjoy a fun-filled, educational day. If you have any questions please call 1-866-582-1487 or (360) 538-2457.

Professional guest speakers will include representatives from the City of Ocean Shores and the Ocean Shores Fire Department, as well as fitness, vision, legal and medical experts.

Clinics will include orthostatic blood pressure checks, blood glucose testing, fall risk assessment, strength and balance testing, massage therapy, footwear assessment, medication "brown bag" (bring a complete list of your medications for review by a pharmacist), a SHIBA (Statewide Health Insurance Benefits Advisor) will also be available to answer questions, and the S.A.I.L. (Staying Active and Independent for Life) exercise program.

Exhibits will include information on medical supplies and equipment, legal issues, family care giving, Lifeline, health and diet, nursing.

Several free drawing gifts have been donated by businesses in the community.

Home made soup and rolls will be provided at no cost.

Additional food may be purchased throughout the day from the Ocean Shores Lions Club booth.

So we may accommodate the number of people expected to attend, please pick up your free ticket at the Ocean Shores Convention Center Visitor’s Center (west end entrance) between the hours of 10:00 a.m. and 4:00 p.m. or call the telephone number below. The free ticket you receive will be included in a drawing for one of the door prizes.