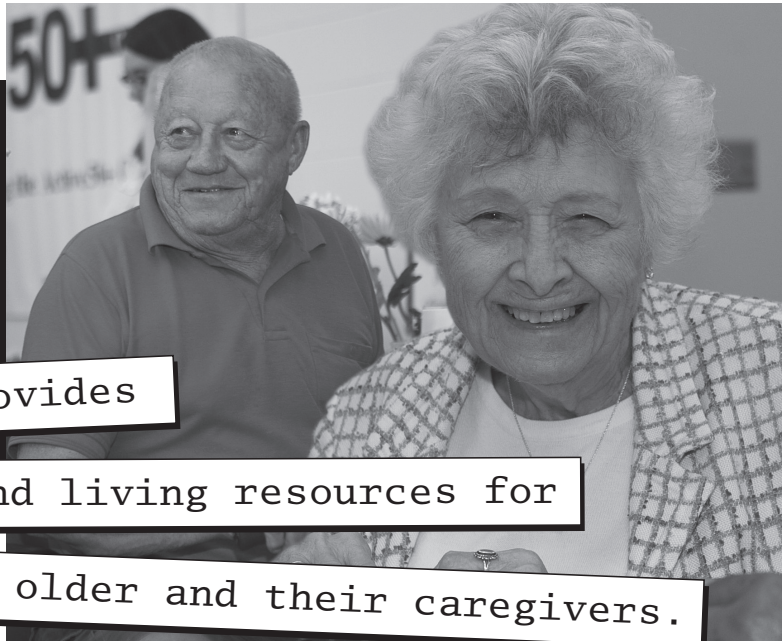


2nd Annual Elder & Caregiver RESOURCE FAIR

Presented by the MCC Service-Learning Office

Friday, Aug. 5, 2011
8 a.m.–12:30 p.m.
Metropolitan Community College
South Omaha Campus
Conference Center
27th & Q St.



The Elder Fair provides
health and living resources for
adults 50 years and older and their caregivers.

- 👉 Various workshops and information sessions
- 👉 More than 60 resource booths
- 👉 Prize drawings for a digital camera and other prizes

WORKSHOPS INCLUDE:

- | | | |
|--|---|---|
| Tai Chi for Seniors | Demetia: Family Impact and Community Resources | Alegent Health at Home: Home Medical Equipment Forum and Limited Repair |
| Hy-Vee on Healthy Food Choices and Nutrition | 5 Tips for Successful Home Accessibility Remodeling | Activities for the Mind and Body at Any Age |
| Spirituality and Aging: What it means to the boomer generation | Weightlifting into your 90s | Senior Housing Options |
| Learn Computer Basics | Safety and Self-Defense | The Love Bugs |
| Stress? Learn to Control It! | Will, Trusts and Estate Planning | AND MORE! |



Exceptional Care Choices...For You!



METROPOLITAN

COMMUNITY COLLEGE

www.mccneb.edu | (402) 457-2400

For more information about the Elder Fair, visit www.mccneb.edu/servicelearning, email jtullos2@mccneb.edu or call (402)457-2637.