

ACTIVE SENIOR FAIR 2018

SATURDAY
MARCH 3

10 a.m. - 3 p.m.

Westminster Chapel
13646 NE 24th St.
Bellevue

FREE

Convenient Parking
No Registration Required



PREMIUM SPONSOR



SUPPORTING SPONSORS

Careage Home Health
Premera Blue Cross
Retirement Connection
Sunrise Senior Living

MEDIA SPONSORS



ENTERTAINMENT

- 10:45 - 11:45 a.m. **Heavenly Plants to Create Carefree, Year-Long Color**
by Marianne Binetti, Pacific Northwest horticultural expert and garden tour leader
- 12:15 - 1:15 p.m. **Ten Grands Student Performers**
Emceed by KIXI Radio Program Director Dan Murphy
- 1:45 - 2:45 p.m. **Spring Collection Fashion Show**
by Chico's of Bellevue Collection

LECTURES

- 10:15 - 11 a.m. **Back Pain**
by Frank Bishop, MD, Overlake Neuroscience Institute
- 11:15 a.m. - Noon **Lifelong Better Vision**
by Michael Gilbert, MD, Northwest Vision Institute
Sponsored by Chateau Bothell Landing Retirement Community
- 12:15 - 1 p.m. **Understanding Tremors**
by Nicholas Jonas, MD, Overlake Neuroscience Institute
- 1:15 - 2 p.m. **Understanding Atrial Fibrillation (A-Fib)**
by Derek Rodrigues, MD,
Overlake Medical Clinics Cardiology
- 2:15 - 3 p.m. **Painful Hips**
by Jonas Hulst, MD, Overlake orthopedic surgeon

WORKSHOPS

- 10:30 - 11:30 a.m. **Exercises to Maintain Balance**
by Beth Charvet, MPT, Overlake Outpatient Rehabilitation Services
- Noon - 1:15 p.m. **Tips for Healthier Cooking**
by Gentle Chikani, RD, Overlake Outpatient Nutrition
- 1:45 - 2:45 p.m. **Medications to Avoid to Prevent Falls**
by Trang Le, RPh, Overlake Senior Health Clinic

FREE SCREENINGS

Balance, blood pressure, bone density, cholesterol and glucose (no fasting required), foot, grip strength, home safety, lower leg vascular, chair massage, posture, stroke risk assessment, vision, voice and more. **No reservations required; first-come, first-served.**

VENDORS

More than 65 exhibitors showcasing products and services geared toward the active senior.

LUNCH BUFFET

A sandwich lunch buffet offered for purchase by *Gourmini's*.

For more information, call **425.635.6191** or visit overlakehospital.org/ActiveSeniorFair

