St. Paul's
SENIOR SERVICES

2019 Annual Senior and Family Resource Fair



Wednesday, May 29

9 a.m. - Noon

St. Paul's Plaza
1420 E. Palomar Street
Chula Vista, CA 91913

40 + Vendors and Interactive Exhibits

FREE EVENT
for seniors, family members, and caregivers!

In honor of **National Senior Health and Fitness Day**, there will be a special presentation focused on **Mental and Physical Wellness.**

Featured Speaker

Dr. Shilpi Sheth

Behavioral Health Program Manager at St. Paul's PACE.
He will speak about mental and physical wellness as we age.

For more information:
Call (619) 239-6900 and ask for Kelly Lapadula or email klapadula@stpaulseniors.org

* Collect information about resources for seniors from over 40 vendors
* Visit our senior exercise stations
* Enjoy interactive exhibits including art therapy, pet therapy, health screenings, healing hands, and more

RSVP online: www.stpaulseniors.org/event/2019-annual-resource-fair/

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