

Spring Lake Park - Blaine - Mounds View Fire Department
In cooperation with the cities of Blaine, Spring Lake Park & Mounds View presents the
2012 Senior Safety & Wellness Fair

Thursday, May 3, 2012



*Featuring Anne Beers, Retired Chief
MN State Highway Patrol*

The 2012 Senior Safety and Wellness Fair features new speakers! There will be a variety of vendors and presenters along with a delicious broasted chicken lunch.

See schedule on back page. Don't miss this opportunity to learn!

Pre-registration is required. Deadline for pre-registration is 4/20/12 or when full.

Please note that the event may fill prior to registration deadline.

*and Mike Lynch,
WCCO Radio Meteorologist*



WHEN: Thursday, May 3, 2012

TIME: 8:30 a.m. Check-in & Vendor Displays
9:15 a.m.- 3 p.m. Safety & Wellness Fair

WHERE: Spring Lake Park/Blaine/Mounds View Fire Department
Fire Station 3, 11920 Ulysses Street, Blaine

FEE: \$10/person (includes admission to all speakers, vendor exhibits, refreshments and lunch)

For more information, please call 763-767-4003

2012 SENIOR SAFETY AND WELLNESS FAIR REGISTRATION FORM

Please put only one person per form

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS _____

PHONE NO. _____ AMT. ENCLOSED \$ _____

Make checks payable to: SBM Fire Department
Send completed form and check to: SBM Fire Department, Attn: Connie Forster
11920 Ulysses St. NE, Blaine, MN 55434

2012 Senior Safety & Wellness Fair

SCHEDULE OF EVENTS

Check-in, Vendor Displays, Refreshments

Welcome from Fire Chief
Police Chiefs
City Officials

Refreshment Break

Morning and Afternoon Sessions:

- Identity Theft and Fraud - Kim Kiley, Blaine Police Department
- Senior Driving Safety - Anne Beers, former Chief of MN State Highway Patrol
- Leaving a Legacy - Attorney Chuck Routlet
- Dr. Brewington and Dr. Carlson
Midwest Foot and Ankle
- Deb Hoveland, YMCA
Silver Sneakers Program
- Mike Lynch, WCCO Radio Meteorologist

Lunch - Enjoy a delicious broasted chicken lunch
(includes mashed potatoes, green beans,
tossed salad)

Wellness Screening and Information —

- Blood Pressure

Informational Booths - 8:30-9:15 a.m. in Atrium

- ACCAP
- Anoka County Family Caregiver Connection
- Anoka County Traveler
- Corrective Care Chiropractic
- Family Caregiver Connection
- Metro Transit
- Seniors Helping Seniors
- Senior Housing Options
- Senior Linkage Line (One-stop Shopping)
- Store to Door
- Smooth Nutrition
- Veterans Administration Outreach Program

