

**Save the Date!**

*"Living Today for a Better Tomorrow"*

**MIDSTATE  
HEALTHY LIVING EXPO**

**Thursday, October 7, 2010**

**9:30am - 12:30pm  
Fox Parish Center  
at St. Francis Church**

**10 Elm Street - Middletown**

- *Health Screenings*
  - *Information*
  - *Raffles*
- *Seasonal Flu Shots*
- *Seniors, Caregivers,  
Professionals*

*Plenty of FREE Parking  
Handicap Access*

**Registration Packets are available  
on our website.**

<http://www.seniorresourcesec.org/news/index.html>  
Call Senior Resources at (800) 690-6998 for questions.

**Sponsored by:**



Middletown Health Department



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