

PRESS RELEASE



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For Immediate Release

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Plano Senior Information and Wellness Fair *Celebrates Older Americans Month*

The Plano Senior Recreation Center and the Geriatric Wellness Center of Collin County invites adults 50 years and older to participate in a very unique **Senior Information and Wellness Fair** on Wednesday, **May 26** from 10 a.m. to 2 p.m. The event will be held at the Plano Senior Recreation Center, 401 West 16th Street near Harrington Park.

The purpose of the Senior Information and Wellness Fair is to provide useful facts and resources to retirement and pre-retirement-aged persons in hopes of helping them plan wisely for the future. The Fair is fun, free and open to everyone!

Medical professionals will be on site providing free health screenings and information about a variety of services and programs available in the area. The screenings being offered are for hearing, body fat analysis, posture, nerve scan, blood pressure, blood sugar, cholesterol, vision acuity and glaucoma, plus an oral cancer screen.

The Senior Information and Wellness Fair is sponsored by the Waterford at Plano. Some of the participating vendors include: Medical Center of Plano, First Eye Care, Curves, the Alzheimer's Association, Ted Dickey Funeral Home, Texan Plus, United Financial Services, Legacy at Willow Bend, DART, American Hearing Laboratories, Plain-O Helpers and more.

May is Older Americans Month, a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life.