

To Your



Health!

Be Happy, Be Healthy... Be Here!

Community Health & Fitness Expo

Sunday
October 5, 2008
10:00am - 2:00pm

Striar Jewish Community Center
445 Central Street • Stoughton

Sponsored by:



Presented by:

Sinai

NEW ENGLAND SINAI HOSPITAL

150 York Street • Stoughton, MA 02072
www.newenglandsinai.org



STRIAR JCC
445 Central Street
Stoughton, Massachusetts 02072
781 341-2016

The Community Health & Fitness Expo is a collaborative effort between New England Sinai Hospital and Striar JCC.

Golf Swing Analysis & Putting Green Presented by Brookmeadow Country Club

11:00 am - "Life, Love & Romance Over 60" – A talk seniors don't want to miss by Shirley Stein.

Music by Olde Kids on the Block

Screenings

- Foot Screening
- Blood Pressure Check
- Skin Cancer Screening
- Abdominal Aortic Aneurysm Screening
- Blood Glucose Screening
- Pulmonary Lung Function Testing
- Foot Mechanics Analysis with Marathon Sports

Demonstrations

- Zumba Cardio Dance - Find out what all the excitement is about!
- Ask the Trainer
- TRX Suspension Trainer Demo
- Stretch Clinic Demo
- Chair Yoga Demo
- Senior Fitness Demo
- Reiki Demo

Children's Programs

- Bounce House
- Fun with Violet the Clown
- PJ Library
- And More

For information, call:
781-297-1329
781-297-1507

Exhibits

- Sleep HealthCenters®
- Costco and Costco Optical Services
- Ask the Stop & Shop Pharmacist
- Office of the District Attorney
- Sinai Physical and Occupational Therapy
- Driving Fitness
- Sinai Adult Day Health Programs
- Mass. Parkinson's Association
- Skin Care & First Aid
- All About Bladder Health
- Back Care Basics/Arthritis Management
- Stroke Alert
- Neponset Valley Senior News
- Fifty Plus Newspaper
- Massasoit Community College
- Home Safety
- Hessco Elder Services
- Sinai Volunteer & Auxiliary Opportunities
- Diabetes Care
- Weight Loss for Adults and Children
- Healthy Choices – Healthy Treats
- Speech and Swallowing
- Sinai Social Services - Information You Need to Know
- And More

Other Exhibitors Include

Town of Stoughton: Fire, Police, COA, VNA, Library, Youth Commission, Old Colony Hospice, Old Colony Elder Services, and Local Chamber of Commerces.

Corporate Supporters:



BROOKMEADOW
Country Club

Free Admission • Babysitting Available