



Albuquerque/Bernalillo County Department of Senior Affairs

FOR IMMEDIATE RELEASE

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**Wednesday, October 8, 2014 ❖ 9:00 a.m. – 3:00 p.m.
Embassy Suites (Lomas & I-25)**

The City of Albuquerque Department of Senior Affairs Encourages Individuals 50 & Better to Attend the *Prime Time 50+ Expo* Today!

ALBUQUERQUE— The Department of Senior Affairs is proud to be a sponsor of this free event alongside Blue Cross Blue Shield of New Mexico, Sandia Hearing, Isleta Resort & Casino, and Stryker. Individuals who attend this event will have access to a variety of free health screenings that include:

~Blood Pressure ~Glucose ~Basic Eye ~Bone Density ~Hearing
~Body Composition ~Balance Lab ~Flu Shots ~Peripheral Artery Disease

There will be four sessions offered at the Expo that individuals can attend:

- 9:30 a.m. “Savvy Social Security” presented by Mr. Brad Yablonsky
- 10:30 a.m. “Medicare 101” presented by Ms. Jo Tillotson
- 11:30 a.m. “Ways to Relieve Joint Pain” presented by Dr. Alan Altman
- 1:00 p.m. “Myths About Reverse Mortgages” presented by Mr. Gordon Mitchell

Expo attendees will enjoy a continental breakfast as well as snacks in the afternoon. The Watermelon Mountain Jug Band will perform at 12 noon and individuals will be able to take pictures in a photo booth throughout the day.

Jorja Armijo-Brasher, Director of the City of Albuquerque Department of Senior Affairs, said, “Free transportation to and from the Expo will be provided by our department. Vans will leave every hour on the half hour from all of the senior and multigenerational centers.”

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Anthony R. Romero, Associate Director

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