



Plan to attend the

Oso Canyon Wellness Fair

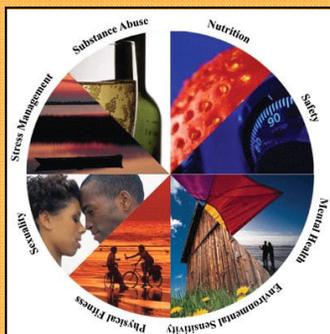
Bear Canyon Senior Center

Friday, October 15, 2010

8:00-5:00pm

We will offer cutting edge information and demonstrations of activities and healthy behaviors to help you improve your quality of life at every age and stage of life!

- Fun (Audience Involvement and Demonstrations)
- Refreshments
 - Live Entertainment
 - Education/Exhibits
 - Guest Speakers



“Health is the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

-World Health Organization, 1948

For information (505) 291-6211 Citizen Contact Center: 311 TTY 764-6405