

Save the date and join us!



La Habra Senior Week

A free week of health and wellness

Monday, November 14 – Friday, November 18

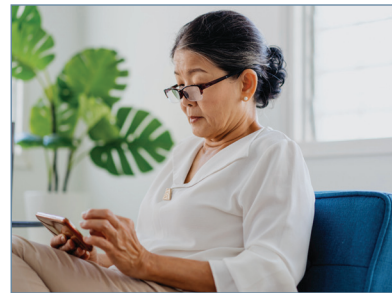
Enjoy a week of free events for adults age 55+ and caregivers. There will be different activities each morning!

Experience:

- Shopping for free, healthy foods
- Walking and stretching classes
- Relaxing through meditation and breathing
- Health screenings

Learn about:

- How to recognize and avoid senior scams
- How to feel confident using your cell phone or other devices
- How to safely exercise in the park
- What plans can help you pay for healthy food options
- Tips for safe driving



Mark your calendar and be on the lookout for more details coming soon!
Call 562-383-4200 or visit www.lahabracaca.gov to learn more.

