



Join us for...

# La Habra Senior Week

Monday, November 14 through Friday, November 18

Senior week is back! Enjoy a week of free health and wellness events for adults age 55+ and caregivers.



**Monday, November 14th • 7:00 am – 10:00 am**

## Fitness and Mindfulness in the Park

Join us for a relaxing or active morning- or both!

7:00 - 8:00am Enjoy a series of breathing and slow movement exercises to help improve your physical and mental well-being.

7:00 - 10:00am Experience a morning of fitness and fun. Enjoy walking, stretching, and learning how to safely use fitness equipment in the park.

**Las Lomas Park • 835 S Euclid St, La Habra, 90631**

**Tuesday, November 15th • 10:00 am – 11:00 am**

## Let's Talk About Fraud

Senior scams are on the rise – let's talk about how to spot them before it is too late!

**La Habra Community Center • 101 W La Habra Blvd, La Habra, 90631**

**Wednesday, November 16th • 10:00 am – 11:00 am**

## Teaching Technology – Training and Support

Technology can be hard, and it is always changing. Join us to gain confidence using your phone, computer, or tablet. Space is limited, so please sign up at the La Habra Community Center front desk or call 562-383-4200.

**La Habra Community Center • 101 W La Habra Blvd, La Habra, 90631**

**Thursday, November 17th • 8:00 am – 11:00 am**

## Eat Well – Healthy Food Options at Hillcrest

Come shop for free and healthy foods! And learn about plans that can help you pay for healthy food options.

**Hillcrest Community Health and Wellness Center • 350 Hillcrest St., La Habra, 90631**

**Friday, November 18th • 9:00 am – 12:00 pm**

## Senior Health and Wellness Fair

Join us for our annual health and wellness fair! Get your flu shot, health screenings, and information about services for seniors and caregivers.

**La Habra Community Center • 101 W La Habra Blvd, La Habra, 90631**

Visit [www.lahabraca.gov](http://www.lahabraca.gov) or call 562-383-4200 for more information!

