

Road to Wellness



The Journey to Health & Relaxation

9th Annual Health Care Conference for Mature Adults and Caregivers
Sponsored by the Fulton County Aging Consortium

Tuesday October 3rd, 2017

9:30 – 2:30 pm

St. Caspar's Parish Life Center

Wauseon, Ohio

9:30 – 10:00	REGISTRATION Blood Glucose & BP Screenings Flu Shots Available – Medicare, Medicaid, Insurance
10:00 – 10:15	INTRODUCTIONS Pledge of Allegiance
10:15 – 10:50	Mental Health
10:50 – 11:25	Obesity
11:25 – 12:00	Cardiovascular
12:00 – 1:00	LUNCH - VISIT BOOTHS
12:15 – 1:00	Entertainment
1:00 – 1:35	Fulton Co. Health Center
1:35 – 2:10	Day Tripping in Northwest Ohio
2:10 – 2:30	CLOSING – Door Prizes

Lunch

If you pre-register, lunch will be provided free of charge!

You can pick up registration forms at the following locations:

- Fulton County Health Dept.
- All Fulton County Senior Center locations

Registration forms can be left at any of the locations listed above or can be mailed to:

Fulton County Health Department
Attn: Road to Wellness
606 S. Shoop Ave.
Wauseon, Ohio 43567

**You may also register
by calling the
Health Department
at
419-337-0915**

Name: _____

Address: _____

Phone: _____ Email _____

Mail to: **Fulton County Health Department**
Attn: Road to Wellness
606 S. Shoop Ave.
Wauseon, Ohio 43567

Number of reserved lunch's ____

****Please note: Please sign in on the day of the program****