

SENIOR WELLNESS MORNING

Senior Wellness Mornings are held at the Fond du Lac Senior Center, 151 E. First Street, Fond du Lac

“The Not-So-Newlywed Game” *celebrating Valentine’s Day!* FRIDAY, FEBRUARY 14



- DOOR PRIZES
- HANDOUTS
- REFRESHMENTS
- LOTS OF FUN!

*For planning purposes,
call 322-3630 to pre-register.*

9–10 a.m.

Health Screenings

Blood Pressure by Lake View Estates

Blood Sugar (Fast required) by Lutheran Homes & Health Services

Hearing by Avada Audiology & Hearing Care

Health Info Booths

Booths with the health screening sponsors

Kindred Hearts

Hospice Advantage

Rehab Arisces

Sterling House Brookdale

Harbor Haven

Hearland Hospice

Country Doctor

Comfort Keepers

Generations Home Care & Hospice

A special KISSING BOOTH, too!

Demonstration

Cupcake decorating demo by MPTC Culinary Arts students.

They will demonstrate techniques and then you can decorate a cupcake for yourself. Yum! This will be held from 9–10 a.m., prior to the Game Show. Pre-registration is REQUIRED in order to decorate a cupcake. Call 322-3630 to register.

10–11 a.m. GAME SHOW: “The Not-So-Newlywed Game”

We are exploring the philosophy of the **Seven Dimensions of Wellness** in 2014 and have recruited 4 local *not-so-newly* married couples to play the game everyone remembers. With a combination of hand-outs and the game, we will learn about “Social Wellness” and “Emotional Wellness” this month—in a fun way, with lots of laughs! You *must* pre-register as soon as possible to attend. Space will be limited. You won’t want to miss this Valentine’s Day celebration at the Senior Center.



This month’s Senior Wellness Morning is sponsored by ManorCare Health Services