

February 16, 2011

News Release

*For Immediate Release*

### **Free Senior Health Fair March 4**

The Springfield-Greene County Park Board will host its annual Health, Information and Resource Fair for Seniors and Caregivers from 8:30 a.m. – 1 p.m., Friday, March 4 at Northview Center, 301 E. Talmage Ave.

The event is free and open to the public, and will feature a variety of agencies whose services support seniors 55 years and older. A few of the many services offered include screenings for blood pressure, Glaucoma and Age Related Macular Degeneration, bone density, spinal, hearing, physical therapy, and more. Information and education regarding hypertension, diabetic supplies, shoe fittings, occupational and speech therapy assistance with advance directives will also be addressed, as well as many other informational topics.

The Northview Center is open from 8:30 a.m. – 4:30 p.m., Mondays through Fridays, and offers activities for 55+, such as dance and fitness opportunities, creative arts, billiards, tax preparation assistance and Southwest Missouri Office of Aging lunch program.

To learn more about the Northview Center, its programs, or the Health Fair, call 417-837-5808. This month's Northview Center newsletter, The Generator, with calendar, program and event information is now available directly at <http://bit.ly/gSs00H>.

For more information, media contact: Sheri Davis, Northview Center, 417-837-5808.