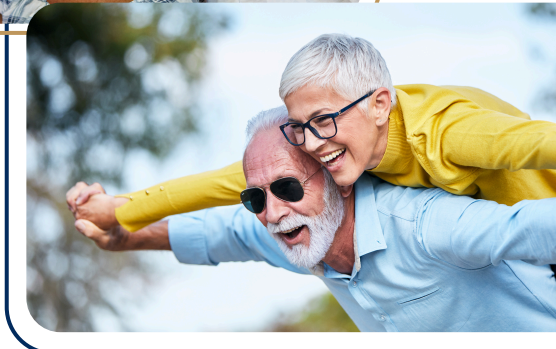




# Thriving Expo

**FREE!**



**TUESDAY, MAY 12**

**10:00a – 1:00p**

**Emmanuel Baptist Church**

536 S Union Street, Mora, MN 55051

***Don't just survive, thrive!** Stop by and learn about community resources, engage in conversations, connection, enjoy lunch, and take part in some of the planned activities. Come before or after the presentation to enjoy activities and resources.*

**10:00a – 1:00p**

*Resources & Health Screenings*

**10:15a – 10:45a**

*Healthy Eating Demonstration & Samples*

**11:00a – Presentation**

*Lisa Lovering, AARP & Family Pathways*

**Fraud Basics:** Learn to identify and prevent potential fraud situations.

**11:30a – Lunch**

*Enjoy a light lunch and refreshments*

**12:15p – 12:45p**

*Let's Move! Fitness over 50*

## ACTIVITIES & RESOURCES

- Health Screenings
- Community Resources
- Cell Phone Support Information
- Healthy Eating for 1 or 2
- Fitness Over 50+
- FREE Lunch

*Door Prizes!*



**Public Health**  
Prevent. Promote. Protect.

**Kanabec County Community Health**

*\*Rides are available through Timber Trail Public Transit within their service area. Please call 320.364.1350 to schedule a ride. Regular fares apply.*