

The Aging Blue Print Series

Healthy Living for Aging Adults

**How can I prevent diabetes?
How do I monitor my blood pressure?
Is there an exercise program especially
designed for aging adults?**

Bill Proulx, Director of Healthy Living, from the YMCA-Salinas will be here to introduce you to the programs they offer that address some of the health challenges facing seniors.

**When: Wednesday, May 8, 2019
12pm – 1pm
(Feel free to bring a sack lunch)**

**Where: Alliance on Aging
247 Main Street (in Old Town)
Salinas, CA**

Please call to register: 831.758.4011 or 831.655.1334

FYI: Parking in Old Town Salinas can be challenging. If possible consider carpooling or making arrangements for someone to drop you off and pick you up.