

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **Staunton Senior Health Expo**

Date and Time

Friday 4/12/2024 9:00am to 1:00pm

Event Region

Harrisonburg/Staunton/Lexington

Event Type

Health Fair

Event Cost

\$0.00

Event Description

Staunton Senior Health Expo will be Friday, April 12, 2024, at Gypsy Hill Park Gymnasium, from 9 am until 1 pm.

Staunton Parks and Recreation's 3rd Annual "50 & Better" Senior Health Expo combines complimentary health screenings and informational booths on a variety of senior wellness needs. Attendees at this free, public event can enjoy coffee and refreshments and wind their way through booths specially designed to promote the health and well-being of seniors. Staunton Parks and Recreation supports a strong aging lifestyle and healthy and active opportunities. We encourage our local "50 & Better" population to stay active, stay engaged, and never stop becoming a better you!

Screenings and services range from a variety of free medical screens, sight and hearing reviews, nutritional information, and a wide variety of health and aging resources all under one roof, including:

- Free Blood Pressure Check
- Free Cholesterol/Glucose Screen
- Free Balance Screen
- Free Health Wellness Screen
- Spinal Screening and Massage
- Pharmaceutical Information
- Daily Living Aids

- Information Booths on Local Assisted Living Centers
- Information on Senior Housing
- Wealth Management
- Travel Aids/Transportation
- Parks and Recreation Senior Trips/Travel
- Parks and Recreation Senior Programs

For more information, call 540-332-3945 or email [fugatear@ci.staunton.va.us](mailto:fugatear@ci.staunton.va.us)

Event Image or Sponsor Logo  
Image

