

35th Annual Senior Citizen Health Fair

Free Screenings For Ages 55 +

- Anemia/Hemoglobin
- Alternative Approaches to health
- Blood Pressure
- Blood Glucose
- Body Fat Analysis (BMI)
- Bone Density
- Chiropractic/Massage
- Cholesterol
- Skin Cancer Risk Screening
- Guided Meditation (4 sessions)
Call for seating (310) 802-6177 ext. 1123
- Hearing
- Oral Cancer
- Podiatry
- Pulmonary (Lung Capacity)
- Vision

Friday
November 3, 2017
9:00 am—12:00 noon
Nakaoka Community Center
1670 W. 162nd Street
Gardena, CA 90247

FLU SHOTS
Available for All Ages
10:00 am to 12:00 pm

Additional Screenings:
Doppler Stroke Screening: \$20.00
To schedule an appointment Call Brooke at
SBFHC at 310-802-6177 ext. 1123

Our Sponsors



TORRANCE MEMORIAL
MEDICAL CENTER



Lunch Available:
For 60 years & over: for a
suggested donation of \$2.75. Under 60 years:
\$5.00

**To reserve a Lunch ~ served from 11:00 a.m. to
12:00noon**

CALL (310) 217-9552

BINGO AFTER LUNCH for Seniors

The Health Fair is sponsored by the City of Gardena in
Partnership with South Bay Family Health Care.

This project funded in part by the Area Agency on Aging through
the Older American Act of 1965

www.sbfhc.org

Our Providers



Bon Acupuncture & Moxa

South Bay Podiatry Group

