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City of South San  
Francisco Senior  
Services

# Press Release

## South San Francisco Senior Services SENIOR HEALTH & FITNESS FAIR

South San Francisco Senior Services will conduct their 13<sup>th</sup> annual free Senior Health & Fitness Fair from 9 a.m. to noon on Friday, March 19, 2010, at the Municipal Services Building, 33 Arroyo Drive, South San Francisco.

The Senior Health & Fitness Fair is sponsored by the City of South San Francisco Senior Services Division of the Parks & Recreation Department and co-sponsored by Kaiser Permanente and Visiting Angels.

The event includes:

- Free screenings for blood pressure, cholesterol, glaucoma, body fat and depression.
- Pharmacist consultation.
- Tips on maintaining a healthy heart, dealing with women's and men's health issues and preparing an advance health directive.
- Allergy tips, skin care and nutrition education.
- Information booths featuring more than 45 organizations and agencies including, San Bruno VA Outpatient Clinic, San Mateo County's Aging and Adult Services, the South San Francisco Police and Fire departments and the Retired and Senior Volunteer Program.

The event is open to seniors on a first-come, first-serve basis. For more information, call (650) 829-3820 or email [laura.gigi@ssf.net](mailto:laura.gigi@ssf.net) or [francisca.guevarra@ssf.net](mailto:francisca.guevarra@ssf.net)

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For Immediate Release