



**Senior Expo**  
*of Santa Barbara*  
**ACTIVE AGING FAIR FOR SENIORS & CAREGIVERS**  
 Presented by  
**Family Service Agency**

**WED, OCT 4, 2017 | 9 AM-NOON | EARL WARREN SHOWGROUNDS**

**\$5 Admission | Free Parking | Free Raffle & Prizes | Live Music & Entertainment**

*Admission includes free flu shot for adults 55+, free health screenings & valet parking for those with a blue placard*

**110+ Businesses Serving Seniors & Caregivers onsite**

Speak to professionals and get answers to your questions

**Showcase of Volunteer Opportunities & Activities**

Learn about and sign up for free and rewarding activities

**Healthy Living & Health Screenings**

A Flu Shot for Seniors & Boomers Age 55+ donated by Cottage Health  
 Loan Closet by Visiting Nurse & Hospice Care (VNHC)  
 Senior Home Safety Assessments by VNHC Personal Care Services  
 Blood Pressure Screening by Santa Barbara Neighborhood Clinics  
 Glaucoma Screening by Lions Sight & Hearing Center  
 Information about Free Eyeglass Vouchers courtesy of SEE International  
 Hearing Screening by Miracle Ear® of Santa Barbara  
 Diabetes Testing & Nutrition Counseling by William Sansum Diabetes Center  
 Bone Density Scans by OsteoStrong®  
 Healthy Eating and Meal Planning Consultations by Sansum Clinic

**SERVICES FOR SENIORS & CAREGIVERS**

- Healthcare, Home Care & Hospice
- Government & Social Services
- Recreation & Fitness
- Insurance Information
- Financial Services & Estate Planning
- Legal Aid & Fraud Prevention
- Planning Advanced Directives
- Caregiving & Caregiver Support



- ★ **Onsite Voter Registration and Polling Demonstrations**
- ★ **Personal Computer Coaching** (bring your laptop or device) by Santa Barbara Public Library
- ★ **Chair Yoga and All Stages Fitness Workshops** by SBCC School of Extended Learning
- ★ **Simple Strategies for Better Balance** – tips on fall prevention with a dose of added fun
- ★ **Free Snack**, or purchase items at **Full-Service Snack Bar & Concession Stand**
- ★ **Caregivers' Café** – a relaxing place to receive support and information



*Platinum Sponsors*



*Gold Sponsors*

**Sharon Kennedy  
 Estate Management**  
  
**Stevens & Associates  
 Insurance**

*Silver Sponsors*

Anacapa Estate Planning & Elder Law  
 Home Care Assistance  
 Hospice of Santa Barbara  
 SB Co. Adult & Aging Network

**FOR MORE INFORMATION [www.SeniorExpoSB.com](http://www.SeniorExpoSB.com)**