

# OLDER ADULT Health Fair

Thursday, Sept 19 | 10am–2pm

*Brought to you by The Kroc Center & Humana*



**WIN**  
Cubs vs. Cardinal  
**BASEBALL  
TICKETS**



**FREE**  
and open to  
the public

**NUTRITION  
EDUCATION**  
and local  
grocery stores



**BLOOD  
PRESSURE  
SCREENING**

**Vendor booths  
include:**

- Local medical professionals
- Quincy public transportation
- Senior housing options
- Estate and funeral planning
- **AND MORE!**



**FLU  
SHOTS**  
offered by the  
Adams County  
Health Department



**KrocQuincy.org**

Questions?

Contact Fitness Initiatives Coordinator  
Amy Junkerman at 217.231.5640.



RAY & JOAN

**KROC**

CORPS COMMUNITY CENTER

405 Vermont | Quincy, IL