

# Madison Senior Center Health & Resource Fair



Presented by:  
**Humana**



**Tuesday, October 11, 9:00 - 11:30 am**

**330 W Mifflin St, 608-266-6581,  
cityofmadison.com/senior-center**

## Presentations

**FREE - Registration not required**



### Stay Warm & Save Energy

How to stay comfortable and save energy this winter: energy saving tips and discussion about energy! Presented by Laura Paprocki and Gloria Castillo Posada from MGE. English & Espanol



### Brain & Body Fitness

Some changes in memory and thinking are a normal part of aging. Learn more about changes in memory that may occur as we age, and participate in brain and body exercises that promote brain health.

Presenters, Lilli Kay and Laura Block are graduate students working with the Gilmore-Bykovskyi Lab at the UW-Madison School of Medicine and Public Health.



**Health  
Screenings**  
Blood Pressure  
Hearing  
Vision  
Depression  
Memory

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Services, Relevant  
Presentations & More**

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