PRESS RELEASE

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*This release is available on the SourcePoint website at **MySourcePoint.org/press**.*

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Free Health Event for Delaware County Adults Ages 55 and Better
Healthy Eating. Active Living!

DELAWARE COUNTY—SourcePoint hosts its annual Health & Wellness Expo Saturday, June 3, from 9 to 11:30 a.m., at 800 Cheshire Road, Delaware. Presented by OhioHealth, this event provides free health screenings, wellness information, and demonstrations for Delaware County residents ages 55 and older.

More than 40 organizations will be on hand to provide screenings and resources, including A1C, alcohol, balance, blood pressure, brain health, cholesterol, COVID-19 vaccines, dental, diabetes prevention, driver safety, falls risks, fitness, flexibility, glucose, healthy eating, hearing, medication disposal, memory, mental health, mobility devices, Parkinson's disease, postural assessment, stress, vision, and more.

Highlights and new additions to the health expo include Carfit, an interactive program that checks how well older adults' personal vehicles "fit" them; medication disposal; power wheelchair demonstrations; eyeglass frame adjustments; healthy food samples; and volunteer opportunities.

Admission is free and the event is open to all Delaware County residents ages 55 and older. For more information, including a complete list of participating organizations, go to MySourcePoint.org/events.

SourcePoint is a nonprofit 501(c)(3) organization that provides professional expertise, services, and programs for Delaware County adults who want to thrive after 55, as well as family caregivers. Services and programs are supported by the local senior services levy, private and corporate donations, grants, and the Central Ohio Area Agency on Aging.