

WATERTOWN  
DEPARTMENT OF SENIOR SERVICES

# HEALTH & WELLNESS FAIR

LIMITED SEATING - WHEELCHAIR ACCESSIBLE - ELEVATOR

November 15th, 2023  
12:00PM - 3:00PM

Doors Open at 11:40PM

Watertown's Commander's Mansion

440 Talcott Ave, Watertown, MA 02472

Free Event  
Presentations  
Fitness Demos  
Health Screens  
Raffle Give Aways  
Vendors

# SCHEDULE OF EVENTS

## PRESENTATIONS

1. Watertown Senior Services ~ Welcome Intro ~ 12:10pm
  2. Watertown Council on Aging ~ Programs and Services ~ 12:15pm
  3. Watertown Public Health Department ~ COA Partnership ~ 12:20pm
  4. US Dept of Veterans Affairs &  
Watertown Dept of Vet Services ~ 12:25pm
  5. Mount Auburn Hospital ~ Stoke Awareness ~ 12:35pm
  6. Mount Auburn Hospital ~ Fall Prevention and Better Balance ~ 12:55pm
  7. Intermission – Raffle Give Away ~ 1:10pm
  8. Brigham and Women’s Hospital ~  
Mass Alzheimer’s Research Center ~ Brain Health ~ 1:15pm
  9. Center for Integrative Healing ~ Senior Wellness Discussion ~ 1:35pm
  10. Springwell Elder Services ~ Information and Referrals ~ 1:55pm
  11. McLean Hospital ~ Waverley Place ~  
Information and Referrals ~ 2:05pm
  12. Marshall Home Fund ~ Information and Referrals ~ 2:15pm
  13. Watertown Fire Department ~ Fire Safety ~ 2:25pm
  14. MBTA Mobility Center ~ Information and Referrals ~ 2:35pm
  15. Tufts Health Plan ~ Senior Care Options ~ 2:45pm
- ~ End of Day Raffles Give Away ~ 3:00pm ~

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## SCHEDULE OF EVENTS

### EAT LIVE WELL

Nutrition Demo and Pot Lock Sampling  
Table 18 ~ 2nd Fl ~ Sitting Room

### FITNESS DEMOS

Amplify Fitness Boston ~ Balance, Posture, and Grip Test ~ 12:00pm  
Sean McManus Co-Owner

Jazz Dance Fitness ~ 12:20pm  
Miss Susan Instructor

Qigong ~ 1:00pm ~  
David Sholemson Instructor

Chair Yoga ~ ~ 1:30pm  
Warrior Yoga Within Yoga Project  
Lauren Turner ~ Instructor

Jazz Dance Fitness ~ 1:55pm  
Miss Susan Instructor

Tai - Chi ~ 2:20pm  
Marie Favorito ~ Instructor

Physical Therapy ~ 2:40pm  
John Kusel ~ PT

Event Close Out 3:00pm

## HEALTH IS WEALTH FAIR

## VENDOR TABLE ASSIGNMENTS

Table Number ~ Room ~ Vendor

1. Vestibule ~ Registration ~ Check In

2. Foyer ~ Senior Services / COA

3. Study ~ Public Health Dept - Blood Pressure Clinic

4. Study ~ Watertown Free Public Library

5. Front Parlor ~ Senior Services / Food Pantry / Case Management

6. Front Parlor ~ Fire Department / Police Department

7. Front Parlor ~ Watertown Vet Dept / US Dept of Veterans Affairs

8. Front Parlor ~ MBTA - Mobility Center

9. Front Parlor ~ Watertown Housing Authority

10. Dining Room ~ Jazz Dance Fitness, Susan

11. Dining Room ~ Warrior Within Yoga Project

12. Dining Room ~ Amplify Fitness / John, Physical Therapist

13. Dining Room ~ David, Chi Chong

14. 2nd Fl Foyer ~ Springwell

15. 2nd Fl Foyer ~ Mount Auburn Hospital

16. 2nd Fl Foyer ~ Mass Alzheimer's Research Center -  
Brigham and Women's Hospital

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## VENDOR TABLE ASSIGNMENTS

Table Number ~ Room ~ Vendor

17. 2nd Fl Foyer ~ Tufts Health Plan ~ Senior Care Options
18. Sitting Room ~ Eat Live Well Watertown
19. ~ Talcott Room ~ AYRwellnes
20. Talcott Room ~ Marshall Home Fund / Eastern Bank
21. Talcott Room ~ Perkins School for the Blind
22. Rodman Suite ~ Art with Dawn
23. Rodman Suite ~ Crafts with Arlene / Stamp Up Store
24. Lavender Room ~ House Works / Seema
25. Lavender Room ~ Your Best Support Home Care
26. Lavender Room ~ Careforth Adult Foster Care
27. Lavender Room ~ McLean Hospital ~ Waverley Place ~
28. Lavender Room ~ Armenian Cultural and Educational Center/  
Armenian Relief Society
29. Yellow Room ~ Dale Tamburro
- 30 Yellow Room ~ Belmont Medical
- 31 Yellow Room ~ Brigham House & HallKeen Assisted Living
- 32 Yellow Room Seniors Helping Seniors
- 33 Yellow Room CMK Home Care

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