



UNITED HEALTHCARE

# SENIOR PALOOZA

## SAVE THE DATE

THURSDAY, OCTOBER 16, 2025

11AM TO 1PM

KIRKPATRICK COMMUNITY CENTER

998 SEVIER STREET | NASHVILLE, TN 37206

### WHY YOU SHOULD COME?

- Learning how to get healthy Blood Pressure and Glucose BY WHAT YOU EAT!
- Food demonstrations prepared for a low budget
- Keeping It moving in a fun way
- Keeping your mind sharp with dementia prevention techniques



For More Information  
IF YOU WOULD LIKE TO BE A VENDOR



Call Janet King  
629-258-1946

SERVICES WILL BE LISTED ON THE FLYER ONCE CONFIRMED