



Live Strong Health Expo Coming to Senior Center March 1

Concord, Calif. (Feb. 27, 2019) – Concord’s Senior Center staff and volunteers will host the Live Strong Health Expo on Friday, March 1, 2019, from 9:00 a.m. to 1:00 p.m. at the Concord Senior Center, 2727 Parkside Circle. The event is based on the concept that the best formula for being and staying healthy is keeping active, eating well and feeling good about one’s self.

The fair is designed to highlight ongoing services, classes and activities available through the Concord Senior Center as part of the City’s Parks and Recreation Department. Health screenings and informational booths about senior housing, transportation and other services will be available.

Participants will receive a copy of Concord’s City News and Activity Guide, which explains how to access local programs, classes, activities and services. Fair participants may also sign up at the Senior Center reception desk for upcoming trips, classes, activities, special programs and events, or inquire about volunteering for the Concord Senior Center.

C.C. Café, which serves lunch Monday through Friday, 11:30 a.m.-12:30 p.m. in the Center, will provide a healthy meal in the Garaventa Room. A limited number of lunches are available. Participants are asked to call C.C. Café at (925) 825-1488 before 12 p.m. on February 28 to make a reservation. The suggested donation for participants ages 60+ is \$3; and for those ages 59 and younger, the suggested donation is \$5.

For more information about the Live Strong Health Expo or become a vendor, contact Program Coordinator, Dario Sanchez (925) 671-3017 or Caryl Tynan at (925) 671-3321.

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