

# NEWS

From County Supervisor Paul  
Biane

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FOR IMMEDIATE RELEASE

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For more information, contact  
Scott Vanhorne, Communications Director  
(909) 387-4833

## Senior Health and Wellness Fair Set for Nov. 6

**UPLAND** – Seniors can get free health checkups and information about other free and low-cost services available to them during the Senior Health and Wellness Fair from 8:30 to 11:30 a.m. on Friday, Nov. 6.

San Bernardino County Second District Supervisor Paul Biane, and 31<sup>st</sup> District Senator Bob Dutton, and 63<sup>rd</sup> District Assemblyman Bill Emmerson partnered to host the event at the Scheu Family YMCA of Upland located at 1150 E. Foothill Blvd. in Upland.

“Our goal is to provide seniors with free health services and information that will help them live longer and healthier lives,” Supervisor Biane said.

“Many of our community’s seniors rely on our Senior Health and Wellness Fair to obtain the most basic health care needs for free, that otherwise would not be available to them,” said Assemblyman Emmerson. “This event is an excellent way for our seniors to connect with community resources and a chance to learn about the different organizations that are available to help our seniors achieve an increased quality of life and an independent healthy lifestyle.”

The Senior Health and Wellness Fair will include free blood pressure, diabetes, body fat, hearing, vision, dental, blood glucose, skin cancer, and podiatrist screenings as well as stroke risk assessments. Seniors can also collect a variety of health information from state and local government agencies and nonprofit groups that will be at the event.

“I am glad that we can offer such a variety of health services at no cost to our seniors,” said Senator Dutton. “There is a lot of discussion about affordable health care these

days, and with the state of the economy, it's particularly satisfying to be able to offer this program to help those most in need."

For more information about the Senior Health and Wellness Fair, call Supervisor Biane's office at 945-4297.

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