

ACTIVE AGING WEEK HEALTH & WELLNESS FAIR

OCTOBER 10TH-15TH, 2022





The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and enhance the quality of life for older adults in our communities.

We are a non-profit 501 (c) 3 organization.



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& Help Us
Continue
Our Mission



WEEKLY SCHEDULE OF EVENTS

MONDAY, 10/10

10:30am

Let's Have a Jarcuterie Party by Jymann Davis w/Texas AgriLife 12:00pm

Short-Term Home Health Care by Jill Bullock w/Silver & Secure

TUESDAY, 10/11

10:00am

Learn the Medicare Basics by Esse Moreno & Bre Walker

11:45am

Osteoporosis: The What, Why, & Management by Nicole Stuart w/SOAR

WEDNESDAY, 10/12

10:00am

Comal Public Health and What They Have to Offer

11:45am

Advance Directives by Stephanie Bigbee w/Hope Hospice

THURSDAY, 10/13

9:15am

ART Transportation Outreach by Doris Martinez w/AACOG

10:00am

Healthy Living for Your Brain & Body by The Alzheimer's Association

FRIDAY, 10/14

9:45am

What Makes Home Health Different by Jessica Garcia w/Dogwood HHC

SATURDAY, 10/15

8:30am-1:00pm: Mammograms by UHS Mammography Bus

9:00am-2:00pm: Blood Drive by South Texas Blood & Tissue Center 9:00am-12:00pm: Flu Shots/COVID Boosters by Spring Branch Pharm

9:00am-12:00pm: BSBAC Active Aging Health Fair

9:00am-12:00pm: River City Produce



HEALTH FAIR VENDORS





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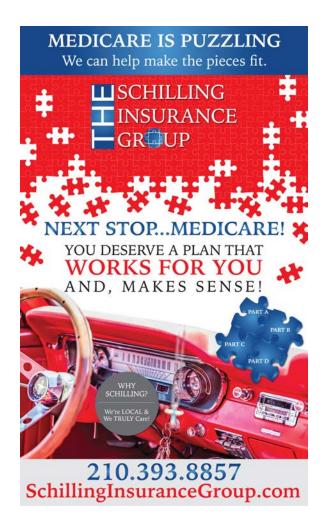
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LIVING IT UP AND GETTING BETTER WITH AGE



SAVE THE DATE



November 2, 2022 12:30PM-5:30PM Good Bull Ranch



November 12, 2022 9:00AM-3:00PM BSB Activity Center



February 24-22, 2023 Bulverde Community Center



THANK YOU FOR COMING!

We appreciate your support of the Bulverde Spring Branch Activity Center!





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