

# Be Happy. Be Healthy.

Please Join Us For a Resource and Information Health Fair  
**Saturday, June 4, 2011 – 10 am to 2 pm**

**Demonstrations:** Belly Dancing, Yoga, Zumba • **Health and Wellness Screenings** • **Mini-Makeovers** • **Healthy Snacks**  
• **Music by Dixieland Band** • **And More!**

## Health Fair at The Forum



## June 4

**Cooking Demonstration:** Featuring Bill Mott, Food and Beverage Director at The Forum and a Gold Medal Winner for Culinary Excellence.

**The Forum Retirement Community**

23500 Cristo Rey Drive, Cupertino, CA 95014

[www.theforum-seniorliving.com](http://www.theforum-seniorliving.com)





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Cupertino, CA 95014

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You are invited!



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## Health Fair at The Forum

**Saturday, June 4, 2011 – 10 am to 2 pm**

More than 50 displays and exhibits featuring information, resources and demonstrations focused on healthy lifestyles for 60+.

**The Forum Retirement Community, Community Bldg.**

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For more information call 650-944-0190