

Over 300 Attend La Mirada Senior Health Fair

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La Mirada~On Wednesday, September 13th the City of La Mirada hosted a senior health fair at the Activity Center to educate residents on wide array of topics to help maintain good health.

From 9am to 12pm around 300 residents attended the fair and received free health screenings and information, as well as cooking demonstrations to encourage healthier habits.

Several local vendors and organizations contributed to make this event possible. Biola's Nursing Department provided glucose and cholesterol screenings and New Age Dental provided dental screenings.

In addition to health information, attendees were also offered lunch on behalf of Café on the Green and salsa lessons from Nifty after Fifty. This event is expected to be held again next year on September 12th, 2018.

Continuing their commitment to serving our community, The City of La Mirada, with the help of the Los Angeles Department of Public Health, will also be hosting a flu clinic and providing free flu shots on October 31st from 9am to 11am.

For more information or to register for the flu clinic please contact the La Mirada Activity Center at (562) 902-3160.