



# 2019 Annual Senior and Family Resource Fair

**Wednesday, May 29**

**9 a.m. - Noon**

**St. Paul's Plaza**

1420 E. Palomar Street  
Chula Vista, CA 91913

**40 + Vendors and  
Interactive Exhibits**

**FREE  
EVENT**

for seniors,  
family members,  
and caregivers!



In honor of **National Senior Health and Fitness Day**, there will be a special presentation focused on **Mental and Physical Wellness**.

### Featured Speaker

## Dr. Shilpi Sheth

Behavioral Health Program Manager at St. Paul's PACE.  
He will speak about mental and physical wellness as we age.

For more information:  
Call (619) 239-6900 and ask for  
Kelly Lapadula or email  
klapadula@stpaulseniors.org

- \* Collect information about resources for seniors from over 40 vendors
- \* Visit our senior exercise stations
- \* Enjoy interactive exhibits including art therapy, pet therapy, health screenings, healing hands, and more

**RSVP online: [www.stpaulseniors.org/event/2019-annual-resource-fair/](http://www.stpaulseniors.org/event/2019-annual-resource-fair/)**

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