



ST. FRANCIS
Senior Ministries

6th Annual

Wellness Extravaganza

Wednesday, October 10th

9:00 AM - 1:00 PM

Elizabeth Schaefer Auditorium

190 St. Francis Ave., Tiffin

- FREE & OPEN TO THE PUBLIC
- DONATE OLD EYEGLASSES
- BRING MEDICATIONS TO BE CHECKED BY A PHARMACIST
- TESTINGS/SCREENINGS OFFERED
- DISPOSE OF UNWANTED MEDICATIONS
- **OVER 30 AREA ORGANIZATIONS REPRESENTED**

Author of Potatoes not Prozac:
Solutions for Sugar Sensitivity
Speaking at NOON followed by a
FREE LUNCH



Kathleen DesMaisons

**RSVP for free lunch by October 1st
at (419) 443-1540**



Helping Mature Drivers Find Their Safest Fit

CarFit helps drivers find their safest fit in their vehicle. This program will take place out in the parking lot at Elizabeth Schaefer Apartments and is put on by the AAA Tiffin location of the Ohio Auto Club. There is no cost for this service.