

1ST ANNUAL

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LIFE EXPO

Presented by
Lutheran Health Network

Saturday, May 2, 2015
10 a.m.-4 p.m.

Allen County War Memorial Coliseum

FREE admission • FREE parking *(limited quantity)*

Health information and screenings from Lutheran Health Network

Fort4Fitness Senior Marathon registration

ON OUR EXPO STAGE:

11-11:45 a.m.

Musical entertainment featuring The Chain Gang

Noon-1 p.m.

“Preventing, Stopping and Reversing Type 2 Diabetes”

presented by Dr. Rudy Kachmann,
Lutheran Health Network Wellness Medical Director

1:30-3 p.m.

Hoop Happy Hoop Healthy™ demonstration

Reduce stress, strengthen your core and increase
energy all while having fun with Hoop Fit

And more ideas to help you keep your 50+ body active and healthy!



For more information, please visit www.FortWayne.com.

Presented by  **Lutheran
Health Network**

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To participate as a vendor, contact:
Kathy Boles at (260) 461-8307 or kboles@fortwayne.com