



# COMMUNITY CONNECT



SENIOR EXPO

## LIVING WELL AT EVERY AGE

*Workshops and Resource Fair*

**SATURDAY, MAY 30 | 10 A.M.- 2 P.M.**

**EL CAMINO COLLEGE | STUDENT SERVICES PLAZA**  
**PARKING IN LOT C** (Manhattan Beach Blvd. & Lemoli Ave.)

SPONSORED BY  
THE OFFICE OF THE  
PRESIDENT AND LIBRARY,  
ACADEMIC SUPPORT,  
AND NONCREDIT

Co-sponsored by Torrance Memorial Medical Center, this event invites older adults to enjoy a day of connection and community. Explore a **resource fair** featuring South Bay agencies and community partners ready to provide valuable services and information. Participate in a wide range of workshops, including chair yoga, low-impact aerobics, fall prevention, plant therapy, medication management, Medicare 101, estate planning, and the Feldenkrais Method. Take advantage of **free health screenings** such as blood pressure, Derascan, carotid thyroid testing and stroke ultrasound screening. Stay for a lively panel on **scam prevention and cybersecurity**.



### Event Highlights:

- Resource Fair with South Bay Community Partners
- Wellness & Movement Classes
- Fall Prevention & Healthy Aging Workshops
- Free Preventative Health Screenings
- Financial Safety, Medicare, and Estate Planning Resources

View the full schedule at [www.elcamino.edu/community](http://www.elcamino.edu/community).

**RSVP Online:**



[www.elcamino.edu/community](http://www.elcamino.edu/community)

**Accommodations:** If you anticipate needing any type of accommodation, or have questions about the physical access provided, email [lcooks@elcamino.edu](mailto:lcooks@elcamino.edu).