



Village of Mount Prospect

Press Release

Human Services Department Hosts Free Health & Wellness Expo for Older Adults

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The Mount Prospect Human Services Department is excited to announce its upcoming Older Adult Health and Wellness Expo, a free event designed to help older adults take a proactive role in their health. The expo will be held on Friday, October 24, from 9:30 to 11:30 a.m. at Mount Prospect Village Hall (50 S. Emerson St).

This is a great opportunity for older adults to gain a deeper understanding of their health through complimentary screenings and expert guidance.

The expo will feature free blood draws, including tests for A1C, lipid panels, Lp(a), eGRF and hsCRP. These screenings can provide critical insights into your overall health. Please note that these screenings are available to individuals 18 and older with a valid ID card.

In addition to the valuable health screenings, the expo will offer:

- Chair massages to help you relax and reduce stress.
- A Jewel-Osco vaccine clinic offering flu, COVID, RSV, Pneumonia, Shingles, and Tdap vaccines. Attendees should bring their medical and prescription insurance cards.
- Wellness demos for all abilities, including seated Zumba Gold and seated "Whole Body Wellness", to encourage active lifestyles.
- A wide range of local resources and information to help attendees stay active, informed, and connected to their community.

"We want to empower our older adults to be the healthiest version of themselves," says Nicole Cooper-Ffrench, the Public Health Nurse with the Human Services Department. "This expo is more than just a place to get a health screening; it's a chance to connect with local resources, try new ways to stay active, and get the information they need to lead a vibrant life. We're bringing all these tools together in one place."

The Older Adult Health and Wellness Expo is free and open to the public.

Village of Mount Prospect Human Services Department

The Human Services Department is dedicated to providing programs and services that strengthen and support our community members.

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