

**Board of County  
Commissioners**

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**Carroll County Government**

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**FOR IMMEDIATE RELEASE**

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**14<sup>th</sup> Annual Seniors on the Go – An Aging & Disabilities Expo on Wednesday, April 3<sup>rd</sup>**



**Westminster, MD, Monday, April 1, 2019** – The Carroll County Commissioners invite citizens to attend the 14<sup>th</sup> Annual Seniors on the Go – An Aging and Disabilities Expo, taking place on Wednesday, April 3<sup>rd</sup> from 9am to 2pm in the Shipley Arena of the Carroll County Ag Center. The Expo will highlight Aging into Wellness by introducing six dimensions of wellness: emotional, physical, spiritual, intellectual, environmental, and social and how a whole-body holistic approach to aging can improve all dimensions of your life.

This Expo is a wonderful, fun way for older adults, people with disabilities, Veterans, and their caregivers to discover what is available in their communities. With over 130 vendors, 14 screenings and assessments for healthy living, six program demonstrations, three informational seminars, and vendor prize bingo (over 20 vendor donated prizes), there is something for everyone. Lunch is also available for purchase from 11:00-1:00.

The Expo will offer nine different complementary therapies available at no cost for all attendees to experience. When used in conjunction with traditional medicine, complementary therapies help relieve disease symptoms. Available therapies include Acupuncture, Reiki, Reflexology, Massage, Essential Oils, Compression, LED Light, and techniques in Breath-Based Stress Reduction.

Free health screenings will feature assessments of balance, flexibility, endurance, functionality, blood pressure, grip strength, memory and language, skin damage and oral cancer. Information on Hands Only CPR, advanced directives, stroke awareness, medication management, and health and chronic

**CARROLL COUNTY**

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.

diseases such as breast, diabetes and Parkinson's will also be available. The Sheriff's Office will be on-site to collect unused and expired medications.

Seminars will include:

- Carroll County State's Attorney's Office sharing, "Scams & Social Media: What Every Senior Should Know to Prevent Becoming a Victim of Scam"
- Carroll Hospital Integrative Health presentation on "How Can Palliative Care Help?" by discussing the philosophy of Palliative Care and the difference with Hospice Care
- Mental Health Association's presentation on "Wellness in Mind," a seminar focused on strategies to strengthen mental and emotional wellness, risk factors for problems, and sources for support

Everyone attending a seminar will have the chance to win a \$25 Wal-Mart gift card.

This free event offers handicap accessible shuttle buses throughout the day with car side pick-up and shuttle to the entrance of the Expo. For more information on this event please contact the Carroll County Bureau of Aging & Disabilities at 410-386-3800.

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