

People *Plus!* SENIOR HEALTH Expo 2026

PROUD TO PARTNER WITH *spectrum generations*

THURSDAY
OCT. 8, 2026
9AM-1PM

FREE ADMISSION
BRUNSWICK
RECREATION CENTER
220 NEPTUNE DR
BRUNSWICK LANDING
mark your calendars!

**OVER 100
EXHIBITORS!**

The *People Plus Senior Health Expo* is a premier event in our community; providing a link to local and regional resources for older adults.



FREE ACTIVITIES NOT TO MISS!

- **Flu shot** walk-in clinic courtesy of Martin's Point Health Care (while supplies last)
- **Swag bags** for the first 600 attendees!
- **Blood pressure screenings** courtesy of Walmart Pharmacy and Vision Center
- **Technology help desk** - Bring your own device and questions
- **Repair cafe** courtesy of Curtis Memorial Library. Bring your items from home and get help with repairs on books, small appliances, lamps, jewelry, wooden items, and electrical items
- **15-min. massages** and **balance screenings** courtesy of Coastal Orthopedics & Sports Medicine Physical Therapy
- **Reiki treatments** courtesy of Hearts & Hands Reiki
- **Acupuncture treatments** courtesy of Qi Cottage Acupuncture & Well-Being Services
- **Raffle drawing** for Maine State Music Theatre 2027 tickets!
- **Raffle drawing** for two Amtrak Downeaster round-trip tickets!
- **Raffle drawing** for two tickets to the Bowdoin International Music Festival October 2026 "Music at the Mill Series" concert in Brunswick!
- **Sharing Table with fresh produce** courtesy of Mid Coast Hunger Prevention Program
- **Live remote broadcast** from the Expo with Jim Bleikamp and Radio Midcoast WCME!
- **"Expo Special" People Plus membership deal:** \$45 for new members for the first year!
- **Registration** for Good Morning and Volunteer Transportation Network (VTN) programs
- **Books signings, sales & chats** with the People Plus Write On Writers club
- **Tours** of the Brunswick Recreation Department's fitness center
- **Free Wicked Joe Coffee** and healthy refreshment choices, including fruit, granola bars, and more!!

**THANK YOU
2026 PARTNERS!**



FMI 729-0757

www.peopleplusmaine.org

