



# DISABILITY HEALTH & WELLNESS RESOURCE FAIR



**Saturday  
March 2, 2024  
9:00 AM to 12:00 PM**

**No  
Cost**

**All  
Ages**

**Door  
Prize  
Drawings**

## LOCATION:

**Area Agency on Aging Auditorium  
710 Maple Street, Lebanon, PA 17046**

**For more information, contact The Arc  
[info@thearcclancleb.org](mailto:info@thearcclancleb.org)  
717-394-5251.**

**Sponsored by The Arc and  
Lebanon County MH/ID/EI**

- **Resource Tables**
- **Demonstrations**
- **Informative Talks**
- **Health Screenings**

- **Sun Exposure Screening**
- **Bone Density Screening**
- **Diabetes Management**
- **Sleep Apnea Screening**
- **Emergency Preparedness**
- **Nutritional Information**
- **Tobacco Cessation**
- **Transportation Services**
- **Yellow Dot Program**
- **Local Disability Resources**
- **Health Care Information**
- **Aging/Senior Center**
- **And MORE**

**9:15 AM**  
**HCQU Talks: Self- advocacy for  
medical appointments**

**9:45AM**  
**Chair Yoga for beginners**

**10:15 AM**  
**HCQU Talks: Internet Safety**

**10:45 AM**  
**Chair Yoga for beginners**

**11:15 AM**  
**Susquehanna Service Dog  
Demonstration**