

2018 Senior Spring Forum

Wednesday, May 2, 2018

8:30 AM – 12:00 PM

Crystal Community Center
4800 Douglas Drive North
Crystal, MN

10:45-11:30 (give or take a few minutes)

Shelli Beck talks about the health benefits of volunteering!

Volunteering—you know that it's a good thing to do, but did you know that it's also good for your health and social well-being? That's what research is suggesting! In her presentation and Q&A with Shelli Beck, you will learn why.

Vendors will provide information on the following topics:

Health & Social Services

Housing

Transportation

Wellness Opportunities

Music & Theatre

& more!

Square dancing will have a vendor booth.

Tom Allen is the caller!

We will dance with the visitors as often as they invite us on stage.



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