

FREE HEALTH FAIR



DATE:

July 28, 2026



TIME:

11 AM – 2 PM



LOCATION:

Community Center
at Maluhia Senior Residence



PTWorks

HELPING ROOTS STAY STRONG

FREE SERVICES & RESOURCES



FALL RISK SCREEN

Quick and easy
assessment to help
identify your risk
and improve safety.



PAIN & MOVEMENT TIPS

Learn practical tips
to reduce pain,
improve mobility,
and stay active.



ASSISTIVE DEVICE EDUCATION

Learn about canes,
walkers, and other
devices to help you
move safely.



PERSONALIZED RECOMMENDATIONS

Get helpful guidance
for your unique needs
and goals.



MALUHIA INFORMATION



LEARN ABOUT THE MALUHIA DAY HEALTH CENTER PROGRAM

Discover how the
program supports
your health,
independence, and
well-being.



HOW TO QUALIFY

Learn the eligibility
requirements and
enrollment process
to see if the program
is right for you.



SERVICES OFFERED AT THE PROGRAM

Explore the services
available, including
wellness, therapy,
activities, and more.



CANCER HEALTH AWARENESS & MINDFULNESS PROGRAM



EDUCATION ON CANCER PREVENTION AND EARLY DETECTION

Learn ways to reduce your risk,
the importance of early detection,
and available resources.



JOIN US!

Your health.
Your mobility.
Your independence.
We're here to help!



LIGHT REFRESHMENTS

Enjoy light
refreshments while
you learn and
connect!



MOVE SAFELY



LIVE STRONGER



STAY INDEPENDENT