

Presenting Sponsor



Fleming Farms
Senior Living



Corporate Sponsor

NOVA Bank



Invites you to a FREE

Steady & Strong Expo

October 23, 2024 10 AM to 2 PM

Sandra Moon Community Complex
7901 Bailey Cove Road, Huntsville
(use south side entrance)

Keynote speakers and times:

10:15 — Jay Austin, Physical Therapist

11:15 — Dr. Rica McRoy, Optometrist

1:00 — Williams Simmons, CPA - Medicare Part D Plans for 2025

- Health Screenings
- Walmart Pharmacy vaccines
- Lunch Included
- Vendor Giveaways
- Balance Evaluations
- Class Demonstrations
- Entertainment by the Rainbow Rhythm Band

DOOR PRIZES!

Space is limited, therefore RSVPs are required.
Go to www.steadyforlife.org and click the
RSVP Events Tab to secure your place.

Kim Davis, Director 256-213-1976 kim@steadyforlife.org