

For Immediate Release

May 1, 2019

Plano Parks and Recreation to host Information & Wellness Fair on May 6

In honor of Older Americans Month, Plano Parks and Recreation and the Sam Johnson Recreation Center invites adults of all ages to participate in its 19th annual Senior Information & Wellness Fair on Monday, May 6 from 9 a.m. to 1 p.m. at Plano Event Center, 2000 E. Spring Creek Pkwy.

This unique event provides a wealth of information for those of retirement and pre-retirement age to enhance their ability to plan for future years. Visitors can receive free health screenings and take home information about a multitude of services available in the area. This fun and informative event (complete with door prizes) is free and open to everyone.

More than 50 vendors will be on site providing free information and services regarding a variety of important topics such as:

- Senior living options
- Financial planning
- Funeral pre-planning
- Senior moving services
- Insurance options
- Personal care services
- Blood pressure, blood sugar and BMI screenings
- Vision tests

For more information, call 972-941-7155 or visit www.samjohnsonrecreationcenter.org

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About Plano

Plano, Texas, is the largest city in Collin County with a population of 273,900 as of January 2016. Incorporated in 1873, the city is located 20 miles north of Dallas. Plano was recently named the third Best Run City in America by 24/7 Wall Street. The City offers a high quality of life that includes: nationally-recognized schools, award-winning parks and sustainability initiatives, designation as one of America's safest cities by Forbes magazine, and a wide variety of multi-cultural neighborhoods appealing to families, young singles and retirees. Plano is home and future home to the headquarters or regional operations of major international corporations such as Toyota, Liberty Mutual, JPMorgan Chase, Fannie Mae, FedEx Office, JC Penney, Dr. Pepper/Snapple Group, Rent-A-Center, Cinemark Holdings, Denbury Resources and Alliance Data Systems. The dynamic community features excellent restaurants, vibrant shopping and entertainment venues, a lively historic downtown district and active local arts scene. Easy access to DART light rail and major highways makes Plano a convenient place to live, work and visit. To learn more about Plano, go to our website at plano.gov.

About the National Recreation and Park Association

The National Recreation and Park Association is a national not-for-profit organization dedicated to ensuring that all Americans have access to parks and recreation for health, conservation and social equity. Through its network of 60,000 recreation and park professionals and advocates, NRPA encourages the promotion of healthy and active lifestyles, conservation initiatives and equitable access to parks and public space. For more information, visit www.nrpa.org. For digital access to NRPA's flagship publication, Parks & Recreation, visit www.parksandrecreation.org.