

EXPO ⁴ SENIORS



North Raleigh/Wake Forest ***Senior Lifestyle, Health*** ***& Wellness Expo***

Kerr Family YMCA
Wednesday, March 26, 2025
10:00 am to 1:00 pm

Title Sponsor:



www.expo4seniors.com

Welcome to the Lifestyle, Health and Wellness Expo!

PARTICIPATING ORGANIZATIONS:

- AARP North Carolina
- Accellacare
- Acclaim at Cary Pointe
- Alignment Health Plan
- All American Gutters
- The AutoGroup-AAA
- Avid Health at Home
- Capital Financial Management
- CenterWell Senior Primary Care
- Champion Window Replacement of Durham
- Cigna Healthcare
- Cornerstone Caregiving
- COTL
- Craft Body Scan
- Evyn Pollard – Broker Pollard
- First Carolina Care
- Glowing Lantern Home Care
- Humana Market Point
- Kerr Family YMCA
- LeafGuard
- Lifewave
- NC Registry for Brain Health – Duke/UNC Alzheimer
- Northern Wake County Senior Center
- Now Hear This, Inc.
- Southern Accent Homes
- Wellcare



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Family caregivers dedicate themselves to caring for older parents, spouses, and other loved ones, yet they rarely get the recognition or support they deserve.

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We need your help. AARP launched the I Am A Caregiver movement to show that we are a powerful constituency who needs support now.

Raise your hand and join the fight at
aarp.org/IAmACaregiver



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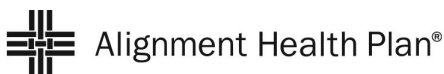


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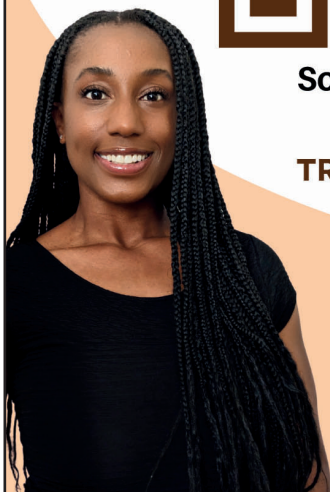


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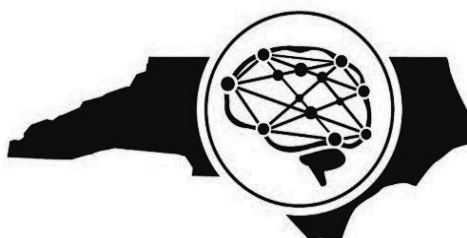
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NC Registry for Brain Health

Northern Wake Senior Center



Located in the heart of Wake Forest, the Northern Wake Senior Center is for active independent aging adults age 55 plus! Enjoy a wide range of activities and classes, such as fitness, art, games, educational seminars and more.

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