



SENIOR POWER DAYS on Belle Isle

PRESENTED BY



FOR SENIORS LIVING IN DETROIT | WAYNE | OAKLAND | MACOMB

Senior Power Days on Belle Isle is a new program that provides recreational and educational events at Belle Isle Park for seniors. The 11-event series will be held on Wednesdays from July 8 to December 15. Events are free. The first three events are:

Senior Safety Summit Wednesday, July 8 10 a.m. – 4 p.m.



Emcee
Huel Perkins,
Fox 2 News,
Anchor

Seniors can learn how to be safe at home, how to be street smart and how to fight fraud. Get your questions answered from the experts. Lunch provided.

Hear “Real Talk” from:

- ★ **Chief James Craig**, Detroit Police Department
- ★ **Sheriff Anthony Wickersham**, Macomb County
- ★ **Sheriff Benny Napoleon**, Wayne County
- ★ **Col. Kriste Kibbey Etue**, Michigan State Police

Complimentary Recreation Passports distributed to seniors attending July 8. Compliments of Chevrolet Detroit Belle Isle Grand Prix.



Visit exhibitors at our “Vendor Village”.
Products, Services and Free Health Screenings



Jazz on the Isle Wednesday, July 22 12:00 p.m. – 3 p.m.

- ★ Bring your picnic baskets or purchase food from vendors on site, and enjoy an afternoon of live jazz on the Isle.



Senior Health & Services Day Wednesday, August 4 10 a.m. – 4 p.m.

- ★ Learn how to be a healthier you from healthcare experts. Don't miss Henry Ford Health Systems “Walk with Docs” sessions. Doc sessions will engage seniors in healthy dialogue with physicians while exercising. These sessions will work both the mind and the body.
- ★ Visit exhibitors at our “Vendor Village”. Products, Services and Free Health Screenings



CONTACT

- Email us at seniorpowerdays@bergmuirhead.com
- Call us at (313) 878-1416
- For more information visit www.belleislepark.org or www.belleisleconservancy.org
- Follow us on Facebook at [Senior Power Days on Belle Isle](#)



FREE Respite Care Provided On-Site at every event.

PROVIDED BY:



PACE4You
The Program of All-inclusive Care for the Elderly



Serving Detroit, Hamtramck, Harper Woods, Highland Park and the five Grosse Pointes



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