



NEWS RELEASE

FOR IMMEDIATE RELEASE
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Sachse Senior Center hosts health and wellness expo *Screenings, information booths at free Aug. 3 event*

SACHSE (July 11, 2017) Senior citizens in Sachse, Murphy and Wylie are invited to take part in the inaugural Sachse Senior Expo, an interactive health and wellness gathering of health providers, financial planners and representatives of local assisted living facilities.

The Expo is free and set for Thursday, Aug. 3 starting at 9 a.m. and continuing until noon. Site of the event is the Sachse Senior Center, 3815 Sachse Road, Building A. Parking is available throughout the Sachse City Hall complex.

Health screenings will be offered throughout the morning by specialists in vision, podiatry, hearing, blood flow, bone density and dental providers. Mammograms are also provided, but only by appointment. Individuals seeking a mammogram must contact Baylor Mobile Mammogram at 214-820-2040 and set up an appointment.

In addition to health screenings, financial planning personnel will be on hand to provide advice on estate planning, retirement accounts and other monetary matters.

Other vendors with booths at the Expo include those with information on senior living, companion/nurse services, and representatives from local assisted living facilities including Mustang Creek Assisted Living in Sachse, Founders Plaza Nursing and Rehabilitation and Garnet Hill Nursing and Rehabilitation in Wylie, Mercer Place Assisted Living in Rowlett, and Lynridge Assisted Living and Memory Care in Murphy.

Lunch, consisting of a hot dog and drink, may be purchased for \$2.50. Door prizes, giveaways and handouts are planned.

More information may be obtained by contacting the coordinators, Tracy Spencer, Marketing Liaison for Reliant at Home, at 469-222-6932, or Stephanie Upton of Mustang Creek Assisted Living at 214-872-4242.

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ABOUT THE CITY OF SACHSE – Sachse is an emerging city in Collin and Dallas Counties with a population of 20,329 according to the 2010 census. Located about a mile north of the President George Bush Turnpike off State Hwy 78, the City is chartered as a Council-Manager municipality. Founded in 1845 by William Sachse, the City enjoys an eclectic mix of older, established neighborhoods and new residential and commercial developments. Proud of its history, the City is home to a strong historical restoration movement which includes an extensive history museum.