



WELLNESS FAIR

Please Join Us in Celebrating Good Health!

SEPTEMBER 28TH - 11:00AM – 2:00PM

LOCATION – CANNSTATTER – 9130 Academy Rd

Stop by the Wellness Stations:

- Eating for Energy
- Shake It Up- Superfood Smoothies
- Promoting Positivity
- Book Nook – Resources & Raffles!
- Know Your Numbers Trivia
- Longevity Lifestyles
- Mocktail Hour
- Healthy Hydration
- Ask a Registered Dietitian Station!

Visit representatives from our program providers:

- HELLO HEART
- SWORD HEALTH
- BENECARD PHARMACY
- PHILLY FIRE MOTIVATED FITNESS
- PENN MEDICINE – PSA TESTING

The day includes Q&A and activities with Registered Dietitians and healthcare practitioners, raffles, food samples and more!

