



**Please Join Us in Celebrating Good Health!**

## **WELLNESS FAIR**

**SEPTEMBER 27<sup>TH</sup> 12:00pm – 3:00pm**  
**Cannstatter Volksfest Verein - Outdoors**  
**9130 ACADEMY RD**

### **Stop by the Wellness Stations:**

- Eating for Energy
- Shake It Up- Superfood Smoothies
- Dig Into Dark Chocolate
- Mocktail Hour
- Healthy Hydration
- Live Cooking Demonstrations with Samples!

**BBQ Sides, Sauces & Main Courses**

**Comfort Foods Made Healthy**

### **Chair Massage 11:30AM – 4:30PM**

Stop by for a clothed massage using gentle manipulation to release tension and increase circulation...pure relaxation in 10 minutes!

**Visit representatives from our program providers:**

- |                                 |               |
|---------------------------------|---------------|
| - HELLO HEART                   | - NVA         |
| - SWORD HEALTH                  | - AETNA       |
| - BENECARD PHARMACY             | - IBX         |
| - PHILLY FIRE MOTIVATED FITNESS | - MIKE GRUGAN |
| - GUARDIAN NURSES               |               |

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

