

Health and Wellness WEEKEND



SEPTEMBER 28-29, 2019

Theme



Health and Wellness: A Family Affair

SATURDAY, SEPTEMBER 28TH

HEALTH FAIR

12:00 NOON - 3:00 PM

- Free Vision, Dental, Glucose, Neuro, Cholesterol, Sickle Cell and Blood Pressure Screenings
- Interactive Mega Brain & Heart Exhibit
- HIV Testing
- Free Healthy Food & Entertainment
- Double Dutch Aerobics & Aerobics Praise
- Yoga Fitness on the Lawn
- Bounce House & Let's Dance Fitness
- Mental Health Education
- Breast and Prostrate Cancer Information and Resources

SUNDAY,

SEPTEMBER 29TH

**11:00 AM
WORSHIP SERVICE**

**GUEST SPEAKER
WILLIAM COOPER, M.D.**

**10:00 AM - 3:00 PM
AMERICAN RED CROSS
BLOOD DRIVE**



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