



Health & Wellness

FREE HEALTH & WELLNESS EVENT AND FAIR

MONDAY, OCTOBER 9, 2017

Health and wellness are a working unit of your body's, your spirit's and your mind's well-being. Join in on free health checks at our resource fair. Come learn and practice healthy living skills to improve your health. Featured activities will be: Yoga, Weaving, Cooking and Karate demonstrations as well as lessons on nutrition and how to keep your life in balance. Resource goodie bags will be provided to all attendees. Space is limited, call to RSVP!!



RSVP DEADLINE: MONDAY,
OCTOBER 2

RSVP TO
(619) 688-3323 OR
DEBBIE.MARSHALL@SCDD.CA.GOV

9:30-10:30 CHECK-IN
EVENT ENDS AT 2PM

SACK LUNCH PROVIDED
WITH RSVP

WHERE:
BALLARD CENTER
2375 CONGRESS ST.
SAN DIEGO, CA

Special thanks to our donors

San Diego Regional Center

Jason Freeman

Art of Dentistry

Mission Bay Sports Center