



# Health & Wellness

## HEALTH & WELLNESS FAIR

FRIDAY, SEPTEMBER 23, 2016

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. Come learn and practice healthy living skills to improve your health. Space is limited, call to RSVP!!



RSVP DEADLINE:  
MONDAY, SEPT. 19

RSVP TO  
(619) 668-3323

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

SACK LUNCH  
PROVIDED WITH  
RSVP

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

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