



Health & Wellness

FREE HEALTH & WELLNESS EVENT AND FAIR FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

THURSDAY, OCTOBER 24, 2019

Knowing about how to live a healthy lifestyle is important to your well-being. Please join us for a day of fun as we learn and practice healthy living skills to improve our health.

Featured activities will be: Jiu Jitsu, Serbian Dancing, Hula, and Cooking demonstrations in addition to lessons on nutrition, mental wellness and oral healthcare.

Free health checks and resource goodie bags will be provided to all attendees.

NEW THIS YEAR: Free flu shots, glucose testing and a new location!

Space is limited, call to RSVP!! 619-688-3323 or sign up online at: healthandwellness2019.eventbrite.com

Questions? Email debbie.marshall@scdd.ca.gov



RSVP DEADLINE:
FRIDAY, OCTOBER 11

RSVP TO
(619) 688-3323 or
DEBBIE.MARSHALL@SCDD.CA.GOV
or SIGN UP ONLINE AT
[HEALTHANDWELLNESS2019.
EVENTBRITE.COM](http://HEALTHANDWELLNESS2019.EVENTBRITE.COM)

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

LUNCH PROVIDED WITH
RSVP

WHERE:
FIRST UNITED
METHODIST CHURCH
LINDER HALL
2111 CAMINO DEL RIO SOUTH
SAN DIEGO, CA 92108

Special thanks to our donors:

First United Methodist Church

County of San Diego Health
and Human Services Agency

Champions for Health

Molina Healthcare