

# HEALTH & WELLNESS



## EXPO



# February 17, 2024

## 10am-2:30pm

## Babe James Community Center

**One-hour Q&A session with healthcare professionals that will take place from 10:15am to 11:15am.**

**Enjoy free food while supplies last at our event. We also offer fun entertainment options such as line dancing classes and the opportunity to create your own piece of artwork on a canvas using a bicycle for free.**

**The event offers the opportunity to connect with multiple organizations, including social services, healthcare, health insurance, and vendors. There will also be massage chairs and screenings available from 11:30am to 2:30pm.**

Explore resources that can help you take care of your well-being, overall health and inner balance. This event is important and worth investing your time and effort.

## 2023 Memories



**CONTACT:**  
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Free bags and Door Prizes



One or more city commissioners may be present