



Date, 2017

Contact Info Here

Dear _____,

On behalf of the Rappahannock Area YMCA and Mary Washington Healthcare, I would like to invite you to participate in our Health and Wellness Fair on November 3rd. The event will be held from 9:30am-1:30pm at the Massad Family YMCA and is aimed to educate, motivate and empower people to take their wellness to the next level!

The objectives of our fair include:

- To increase health awareness and disease prevention by providing health screenings and educational information.
- To motivate attendees to take positive steps towards healthy behaviors.
- To highlight Diabetes Awareness month and the importance of managing diabetes. There will also be a focus on diabetes prevention, who's at-risk and resources that are available in our community.
- Encourage attendees to explore new ways of achieving wellness (eg. yoga, massage, etc.)
- To educate individuals on safety issues.

This FREE event will provide a valuable service to our community and everyone that attends the fair will be able to use the YMCA's facilities that day. Group exercise demos will be showcased throughout the event!

Please complete the attached response forms and return no later than **September 30th, 2017**. If you have any questions please contact me at 540.371-9622 ext. 1023 or by emailing me at nmurdock@family-ymca.org. I look forward to talking with you further about the health and wellness education you can provide our community.

Naomie Murdock
Association Community Health & Wellness Director
Rappahannock Area YMCA, Inc.
W 540-371-9622 ext. 1023
F 540-899-3694
www.nmurdock@family-ymca.org