



COMMUNITY HEALTH & WELLNESS FAIR

AT THE MASSAD FAMILY YMCA

FRIDAY
NOVEMBER 3

9:30AM
TO
1:30PM

BLOOD
PRESSURE
CHECKS



FREE
OF CHARGE



HEALTH
SCREENINGS
& INFO



BLOOD
GLUCOSE
SCREENINGS



YOGA
& FITNESS
DEMOS



CANCER
AWARENESS
& EDUCATION



CHAIR
MASSAGE



Mary Washington
Healthcare

