



HEALTH & WELLNESS EVENT

- Beat the stress of your daily jobs
- Life with yoga,
- How to create Healthy meals stations
- Hear a motivational speaker that really speaks to your mental wellness,
- Grocery stores food demonstrations and samplings
- Get useful tools that you can use at home to deal with stress like Tai Chi techniques, massages, Chiropractic wellness.
- Podiatrist services, Safety - accident prevention
- Recreational activities, restaurants

CALL US NOW

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