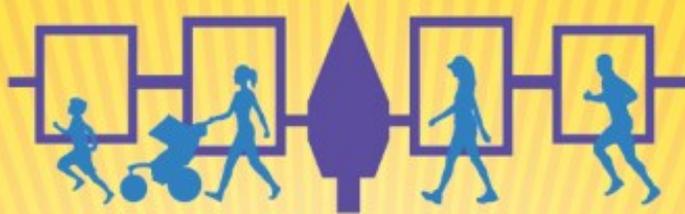


- 2016 -

# WELLNESS DAY



July 21<sup>st</sup> • 10:00am - 3:00pm

**GENERATIONS PARK**

**POKER WALK TO START AT 11:00am**

## SPEAKERS

Come listen and be entered into great spa prizes

10:30am  
Pulmonary Health Testing  
*with Theresa Gardner, FNP &  
Rachel Jacobs, TTS/CHR*

11:30am  
Living with Bipolar - Film & Discussion  
*with Christine Venerly, LCSW*

1:00pm  
Strength & Balance  
*with Vanetta Conn at the Office for the Aging*

- Food Vendors
- Display Tables
- Poker Walk
- Kids Physical Activity Challenge
- Speakers
- Blood Drive

*Take a stroll on the Walking Trail and sign up for the Grand Camping Prize!*



Organized by:  
Health Promotion Disease  
Prevention Committee

Sponsored by:  
SRMT Community Partnership Fund, SRMT Health Services Division  
Children's Mental Health Program, CKON, MCA Wholistic Health & Wellness Program