

# Health & Wellness Fair

Saturday, October 26<sup>th</sup>

11:00am – 2:00pm

Goodyear Elementary School

41 Central Street, Woburn

*Sponsored by:*



*Walgreens*

## Activities:

- Flu Shots \$31.99
  - Can be covered by insurance, bring your cards!
- Blood Pressure Screenings
- Reiki
- Police Department
- Zen Muscular Therapy
  - Informational Booth
- Winchester hospital
  - Osteoporosis
  - Blood Pressure
- Darkness to Light
  - Child sexual abuse prevention
- Nutrition
  - Food Samples
  - Literature on School Lunches
- CPR Information

## FREE Fitness Classes:

- Insanity-11am-12pm
- Zumba- 12pm-1pm
- Ballet Workout- 1pm-2pm

## Kids Activities:

- Kids Yoga 1130am & 1230pm
  - Sign up before class, space is limited for each session
- Face Painting

