



Health and Wellness Fair

Saturday October 6th
10:00 am to 2:00 pm

- ✓ African drumming with Nana Yaw
- ✓ Zumba Gold demonstration
- ✓ Laughter Yoga demonstration
- ✓ Sirius Fitness demonstration
- ✓ Children's crafts
- ✓ Refreshments
- ✓ Guest speakers
- ✓ Free flu shots

Malcolm X Library

5148 Market St | (619) 527-3405

This information will be made available in other formats upon request.

