

"It's a Family Affair"

Minding Your Own Business, Health and Wealth

2009 Health and Wealth Fair

Presented by the Xi Sigma Omega Chapter of Alpha Kappa Alpha Sorority, Inc.
(Co-sponsored by Montgomery County Department of Recreation)



The 2009 combined Health and Wealth Fair will provide relevant and timely information about fitness for mind, body, and finances. This dynamic event features workshops, exhibitions, and plenty of fun and activities for adults and kids.

- ◆ Free Health Screenings
- ◆ Free Seniors Fitness Clinic with Weight Room Demo
- ◆ Free Yoga Class
- ◆ Free Children's Activities including Arts & Crafts and Face Painting
- ◆ Free Healthy Snacks
- ◆ Prizes and Giveaways
- ◆ Free Backpacks
- ◆ American Red Cross Blood Drive 
- ◆ Montgomery County Public Library Mobile Van Service
- ◆ Safeway Pharmacy Flu Shot Clinic (\$30 Fee or Medicare Part B Accepted)



Saturday, October 24, 2009

10:00 a.m. – 2:00 p.m.

Marilyn J. Praisner

Community Center

14906 Old Columbia Pike

Burtonsville, MD 20866

*Free Health and Wealth Workshops
including Youth Oriented Workshops*

Additional Details:

LaTanya Higginbotham

301-346-2382

- ◆ HIV and African American Women
- ◆ Spiritual Health and Wellness
- ◆ The Effects of Hypertension and Methods of Prevention
- ◆ How to Start a Business
- ◆ Breast Cancer/Breast Health
- ◆ Financial Services and Insurance
- ◆ Our Health – Whose Responsibility Is It?
- ◆ Ergonomic Consultation & Wellness Education



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