

Sunday 03/08/09

Women's Health & Wellness Fair

1 p.m. to 3 p.m.



FREE!

**Open to
all!**

Join us for our second annual Women's Health and Wellness Day! Come and browse our vendors, participate in health screenings and gather information related specifically to being a healthy woman.

The afternoon will be jammed packed with information and screening opportunities including:

- Blood pressure screenings from the VNA
- Cancer information and blood sugar testing from St. Peters Hospital
- Intro to Yoga, Zumba and Personal Training sessions
- Nutritional supplements & info provided by Jamaila International
- PLUS: Princeton Health Care, Elijah's Promise Culinary School, Manavi, MC Health Department, Spa Kidz Massage, Twin Boro Physical Therapy, Women Aware, Sky Blue Soccer, Wellspring Lifestyle, My Daughter's Keeper, Mary Kay and Women Helping Women
- Raffles, give-a-ways and more!

**Join us for this exciting afternoon
and take charge of your health.**

South Brunswick Family YMCA
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