

HEALTH & WELLNESS DAY

Saturday, Feb. 4th

from 10:00am – 1:00pm

NO COST TO ATTEND!

Contests, information & free services at our

**Putting Green / Sports Area
& Clubhouse**

10:00am – 1:00pm

- Golf Putting Contest
- Shuffleboard Contest
- Cornhole Games
- Horseshoes Contest
- Blood Pressure Screening
- Bloodmobile Donation
- Sign-Ups

10:30am-11:00am (in Clubhouse)

- Tai Chi Demonstration

11:00am – 1:00pm

- Bicycle Safety Seminar
- Bicycle Maintenance Instruction
- Bicycle Tune-Up Checks
- Walk/Run/Ride Road Rules

11:30am-12:30pm (in Clubhouse)

- Aromatherapy Health Benefits
- Walking Aerobics Demonstration

Additional vendors being confirmed!

Health Food Truck (pending) -- or --

Grilled Chicken & Salad available for purchase!