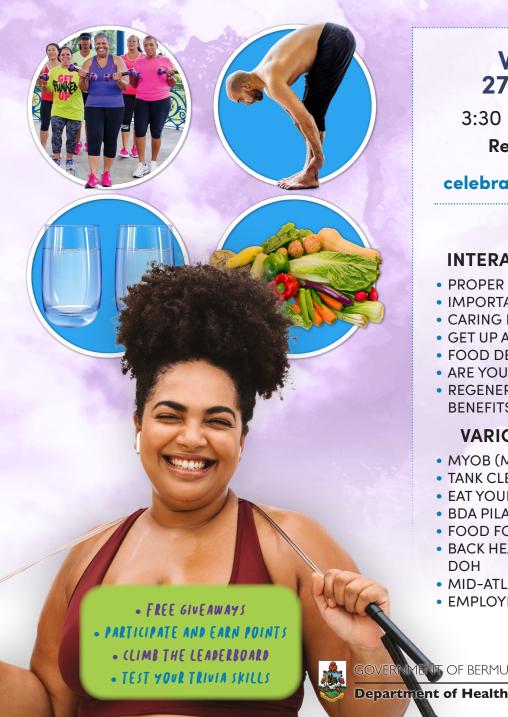
CELEBRATING WELLNESS

VIRTUAL HEALTH FAIR

POWER THROUGH COLLECTIVE ACTION IN IT TOGETHER: BUILDING HEALTHY COMMUNITIES



WEDNESDAY, 27 October 2021

3:30 PM - 7:30 PM (AST)

Register for this FREE virtual event at celebratingwellness.vFairs.com

FEATURING

INTERACTIVE PRESENTATIONS

- PROPER BREATHING TECHNIQUES
- IMPORTANCE OF ESSENTIAL OILS
- CARING FOR THE MIND, BODY & SOUL
- GET UP AND MOVE ACTIVITIES
- FOOD DEMONSTRATION
- ARE YOUR HANDS CLEAN?
- REGENERATIVE GARDENING AND ITS **BENEFITS**

VARIOUS VENDOR BOOTHS

- MYOB (MIND YOUR OWN BODY)
- TANK CLEANING AND WATER SAFETY
- EAT YOUR YARD
- BDA PILATES
- FOOD FOREST
- BACK HEALTH, COMMUNITY REHAB, DOH
- MID-ATLANTIC WELLNESS INSTITUTE
- EMPLOYEE ASSISTANCE PROGRAMME



