

Community Wellness Day

at Park Elementary School

Join us for a **FREE**, family-friendly fall health and resource fair to start your journey to good health.

Saturday, Oct. 15, 2022 | 10am - 1pm

Park Elementary School

201 East 11th Avenue | Baltimore, MD 21225

umbwmc.org/wellnessday



Health Services

- Flu shot vaccinations for ages 3 and up
- Blood pressure screening
- A1C testing
- BMI screening
- Vision screening
- Body composition screening

Education tables

- Nutrition
- Mental health
- Car seat safety
- Family emergency preparedness
- Lung health

And more!

- Face painting
- Exercise demonstrations
- Kids activities
- Hungry Harvest produce boxes
- "To-go" boxed lunches





Community Wellness Day:

Fall for Health

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Screenings

- Blood pressure
- Body composition

Education tables

- Nutrition
- Mental Health
- Family emergency preparedness
- Hand hygiene

Face painting

Exercise demonstrations

Flu Shots for ages 3 and up

Giveaways and raffles

Free boxed “to-go” lunches



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