

CRF East Corner Clubhouse

WELLNESS CELEBRATION

In partnership with
Live Well San Diego



WHEN: Friday May 12, 2017
11:00 AM – 2:00 PM

WHERE: Spring Valley Community Center
8735 Jamacha Blvd. Spring Valley, CA 91977

Celebrating whole person wellness by providing you resources, information, and activities on integrating mind, body, and spirit!

Some of the highlights will be: Light lunch (must RSVP); healthy cooking, exercise, and meditation demonstrations; access to health care clinics, housing programs, advocacy programs, faith-based services, drug and alcohol recovery services, and tobacco cessation support. We will also be offering free health (biometric) screenings to those who register. Participants and programs can submit an entry to the healthy brownie competition. Last, but certainly not least, there will be several opportunity drawings.

To reserve your seat at the health fair: call (619) 840 – 6456.

To reserve your Health (Biometric) Screening: call (619) 466 – 4386.