

Community Health Fair

At Mt. Carmel United Brethren in Christ Church
11466 Brocks Gap Rd. Fulks Run, across from Turner Hams

Talk to Health Service Providers, Businesses and Agencies!

Health Fair Booths Include:

- ❖ Valley Program for Aging Services (VPAS)
- ❖ Valley Associates for Independent Living (VAIL)
- ❖ Alcohol Safety Action Program (ASAP)
- ❖ American Cancer Society
- ❖ Sentara RMH
- ❖ American Red Cross
- ❖ Optima Health
- ❖ Brian Mayes Karate
- ❖ Jennifer Hariland - Essential Oils
- ❖ & More!

Health Screenings!

- The Lions Club Vision and Hearing Van!
- The Mammography Van (by appointment - 540-689-6800)
- And More!

Guest Speakers to address:

- **Communicating with your Care Team** – Sylvia Garcia Romero
- **Nutrition Plus** – Sue Merritt
- **Cancer** – Connie Hodge
- **And More...**

Activities and Demonstrations

- Exercise Class for Kids
- Demonstration by Brian Mayes Karate
- Exhibition by Lake Martial Arts
- Exercise Class for Adults
- And More...

Healthy Snacks served ALL DAY!

SATURDAY, April 6th, 2019 : 9AM – 2PM

Questions: email mtubc22830@gmail.com or call 540-896-1503