

WELLNESS and PREVENTION Education for all ages Health Fair

at South Nassau Unitarian
Universalist Congregation



SUNDAY
April 8, 2018
12:30 to 3:30

OPEN TO THE PUBLIC

**FREE / WHEELCHAIR
ACCESSIBLE / HEALTHY
REFRESHMENTS**

**Come to learn from speakers on these practices that can
improve your health or help you to manage difficult health issues:**

Healing Touch
Acupuncture
Meditation
Gentle Yoga with Spirit
Mindfulness and
Well-Being
Nutrition and Wellness
Depression vs. Blues
Racial Equality
HIV and Protection

Senior Citizen Resources
Community Support
Services
Customize Care With
Your Medications
Hospice Care
Breast Cancer Awareness
Alzheimer's Disease
Information and
Support

Services

Free Reiki and
Healing Touch Sessions
Free Blood Pressure
Screenings
Building Communication
Skills and NVC
Childrens' Mental Health
Resources
Numerous Table Displays
on Varied Health topics

*Caring
Team*

Call 516-623-1204 for more information

SOUTH NASSAU UNITARIAN UNIVERSALIST CONGREGATION
228 South Ocean Avenue / Freeport, N.Y. 11520