



Spring into Summer Health & Wellness Fair

Friday, June 2 from 9:00am - 11:30am

Vendors include:

Town of Grand Island Recreation Department
Grand Island Golden Age Center
Erie County Department of Senior Services
Erie County Department of Health
Grand Island Chiropractic
American Cancer Society - Relay for Life
Alzheimer's Association of WNY

Soma Cura
Recovery International
Walgreens
BCBS of WNY
and MORE!

Event includes:

Tai Chi class & demonstration: 9am in the *Community Building & outside*

Chair Yoga class with Vanessa: 10:30am on the *Stage*

Blood Pressure Checks

Brown Bag Clinic—ask questions to the Pharmacists about medicines & vitamins

Stress Management & Mindfulness tips

Door Prize Raffle

And MORE SURPRISES!

Questions? For more information, please call us at
(716) 773-9682.

