

HEALTH, WELLNESS AND COMMUNITY FAIR SPONSORED BY THE H.S.A

You Don't Want To Miss The Fun!

St. Stephen School

2080 Baseline Rd, Grand Island NY

Jan 31st from 6-8pm

Take our physical fitness challenge and try a mini class. We will offer Zuma, Taekwondo, Stretching Exercises, Yoga, and interactive WII Games!

Are you ready to take on the Biggest Loser challenge? Then try our games designed to make you think about food in a new way.

Come interact with our live animals; learn the importance of animal safety.

Come find out about the benefits of relaxing with reflexology and massage. We will offer on site chair massages for you to try.

Looking for some natural home-made healthy snacks, which you can eat without the guilt? Fit-N-Fresh Foods will show you how.

Grand Island Fire Company and Police will discuss fire prevention and safety.

Come and relax with a story sponsored by the Grand Island Library.

Come meet and talk with some of our vendors.

Roswell Park, American Red Cross, City Mission, PAWS and Claws, MOG, Island Pet Lodge, Boy and Girl Scouts, and Tabby Cat Rescue.

Bake Sale, interactive games, crafts, speakers, physical challenges, blood pressure checks and so much more.

Open to all students, family, friends and the community.

Admission is one non perishable food item per person to benefit City Mission Food Pantry.

We want you there! Come be a part of the action!