



St. Patrick School

Health & Wellness Fair

“Empowering Body, Mind & Spirit”

Thursday, October 4th

6:00 pm -8:00 pm

St. Patrick School Gym

This FREE event is a wonderful opportunity for the St. Patrick families to learn from several local experts and professionals in the health and wellness community. Come visit our information booths and hear doctors present on topics such as nutrition, children’s sports injuries, mental health, individual learning styles, food allergies, and dental health.



FREE HEALTH SCREENINGS
HANDS-ON ACTIVITIES FOR CHILDREN
HEALTHY FOOD SAMPLES FROM LOCAL EATERIES
FITNESS DEMONSTRATIONS
MENTAL HEALTH RESOURCES
FOOD ALLERGY AWARENESS
RAFFLE AND GIVE-A-WAYS



For more information please contact stphealthwell@gmail.com.