



Community Wellness Day

Join us for a **FREE**, family-friendly health and resource fair to start your journey to good health.

Saturday, April 27 | 10 a.m. - 1 p.m.

Riviera Beach Elementary School

8515 Jenkins Road, Pasadena, MD 21122

Register early to skip the line and receive a special giveaway item!

Learn more: umbwmc.org/wellnessday



There will be health screenings, demonstrations, education tables and more:

- STOP the Bleed demonstrations
- BEFAST stroke education
- Heart health information
- Nutrition education
- Mental health education
- Blood pressure screenings
- CPR demonstrations
- Body composition screenings
- Car Seat Safety
- Food distribution boxes, while supplies last
- Wood-fired Pizza food truck and Taco Bar food truck, while supplies last
- Kids activities
- Face painting

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