

Discover ...

Health

Learn about eight ways to feel better and live longer!

- ✓ Nutrition—Use a wide variety of foods to your benefit!
- ✓ Exercise—Keep your body in shape!
- ✓ Water—The healing wonders of water, inside and outside!
- ✓ Sunlight—For good looks and more energy!
- ✓ Temperance—Making choices to live!
- ✓ Air—Use your lungs to their full potential!
- ✓ Rest—Control stress, tension, and worry!
- ✓ Trust—Follow the owner's manual!

Happiness

Find answers to your questions at each of the eight health exhibits. Discover meaning and satisfaction in your life.

Hope

Find hope for the future in a healthier, happier life!

FREE Health Screening
Wayne County 4H Fair
June 24, 2017
Noon to 6:00PM First Bank Tent



Visit eight health exhibits for:

- Computerized health evaluations
- Blood pressure check
- Health screening – Including blood sugar and cholesterol levels

Lifestyle Expo

Sponsored by the Richmond Seventh-day Adventist Church