



HEALTHCARE
FOUNDATION
NORTHERN SONOMA COUNTY



HEALTH + WELLNESS EXPO

Saturday • April 7th • 10am-1pm

Cloverdale Plaza

Join us for a fun day of celebrating health and wellness:

River Walk/Run to and from the City Plaza

Free health screening (vision, blood pressure, dental, dermatology and more)

Children sports, competitions, games, and activities

Exercise demos such as yoga, zumba, and tai chi

Nutrition backpacks and information

Healthy Food vendors will be onsite offering delicious items for purchase

THANK YOU TO OUR EVENT SPONSOR



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