



## Community Health Fair

Following through on your resolution to get fit this year starts with learning what your body needs. Fitness Resources, Inc. and Stonewall Columbus will host a community health fair to help you get started. The health fair is free, and registration is not required.

### Health Fair Events

Scheduled from noon until 5:00 p.m. on Saturday, January 28, 2012 at the Harrison Park Condos Community Center, 575 W. First Ave. in Harrison West, the free event will include:

- lectures on:
  - chiropractic practices for holistic health
  - breast cancer awareness
  - HIV and primary care
- Jazzercise
- a healthy cooking demonstration
- a running clinic
- a couples massage demonstration
- CPR classes
- HIV testing

Several different types of massage, chiropractic adjustment, body-composition testing, acupuncture and HIV testing will also be offered.

### Schedule

12:30 p.m.: lecturer on chiropractic practices for holistic health

1:00 p.m.: lecture on breast cancer awareness

1:00 p.m.: CPR\*

1:30 p.m.: lecture on HIV and primary care

2:00 p.m.: jazzercise demonstration

2:00 p.m.: CPR\*

2:30 p.m.: healthy cooking class

3:00 p.m.: running clinic

3:00 p.m.: CPR\*

3:30 p.m.: spiritual direction—a faith journey companion

4:00 p.m.: couples massage class

4:30 p.m.: healing relationships

12:30 until 5:00 p.m.: massage, chiropractic adjustment, body-composition testing, acupuncture and HIV testing

\*Sign up is required for CPR because space is limited.

Plan to take the first important steps toward your fitness goals by stopping in to the Fitness Resources/Stonewall Columbus health fair on Saturday, January 28, 2012 between Noon and 5:00 p.m.