

You're invited to attend the 4th Annual  
Marin City Health and Wellness Center's

# Community-Wide FREE Health Fair

*Yes we can, we will, we must be healthy!*

Saturday, September 25, 2010

10:00 a.m. - 2:00 p.m.

Marin City Health & Wellness Center

630 Drake Avenue

Marin City, California 94965

(415)339-8813

## Health Fair activities:



★ **Specialty clinics:** Seasonal flu shots, T-Dap Pertussis (whooping cough), Pneumovax, HPV.

★ **Medi-Cal Eligibility**

★ **Legal Assistance**

★ **Health Screenings:** Blood Pressure testing, Cholesterol, Diabetes, Asthma, Prostate cancer, Skin cancer, Clinical Breast exam, Rapid HIV testing, Dental screening, and more.

★ **Entertainment:** Jumpers, Marin City Boxing Club-Fitness demonstration, **Music:** Unveiled Hearts, D'George Hines, Chucky Huff, Greg Simmons, The Voices of Vessels, Rappers. **Parade:** Lead by Marin County Sheriff's Dept. & Marin County Fire Dept., Black Cowboys Associations.



★ **Nutritional Activities** Food tasting demonstrations, bobbing for apples, and fruit smoothies.

★ **Healthy lunch**

★ **Raffle prizes** Door Prizes, Book give-away, Information, Food & Merchandise Booths, Bicycles, Gift cards, and so much more.

**All donations directly benefit MCHWC'S medical equipment fund.**

**Co-sponsors:** First 5 Marin, Marin City Community Services District, Legal Aid of Marin, Marin AIDS Project, Marin Child Development Center, San Quentin Bicycle Program, Marin City School of Readiness Program, Community Health & Prevention Services, Marguerita Johnson Senior Center, Marin County Housing Authority, Corstone, Marin County Sheriff's Department, Marin County Medi-Cal Services, Marin Fellowship of Narcotic Anonymous, Marin Services for Women, Marin Abused Women's Services, Fair Housing of Marin, County of Marin Health & Human Services, Bi-National Health, Marin County Public Health Nurses, CALPEP, Marin County Fire Dept., Red Cross, Marin City Community Development Corporation, Cornerstone Community Church, Sausalito Marin City School Dist., Manzanita Recreation Center, Marin Medical Reserve Corp., Intercounty Fellowship of Alcoholics Anonymous, Marin HIV/AIDS Care Council, Dominican University Nursing Dept., Marin Justice Center, Marin City Network, Marin Family Action, College of Marin, WIC, Marin General Hospital, Over-Eaters Anonymous, Huckleberry Youth Programs, Kaiser Permanente, Sausalito Dentistry, Jewelry by L., ISOJI, Marin Community Foundation, Milagro.

For more information contact:

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