

Red, White & YOU:

Celebrating 100 Years of Health!

Saturday, July 10

(during Epworth Park's Chautauqua Days)

"Footprints in the Park" Walk

Sign-ups: 8:00—8:30a & Walk: 8:30a

All ages are encouraged to attend... Join us as we walk toward our goal of reaching 50,000 steps together.

Free pedometers for participants (while supplies last).

Health Fair

9:00a—1:00p

Screenings, info, fun demonstrations, free stuff, & more!

Demonstrations include:

AVON SKIN CARE REGIMEN - BEAUTY WITHIN - WITHOUT

97% of dermatologists agree the best way to treat and protect your skin throughout your lifetime is to start an anti-aging skin care regime as early as possible. AVON provides multiple products to meet your every skin care need.

HEALTHY FOOD YOU'LL LIKE

A food demonstration and tasting presentation by Polly Loy, Ohio State University Extension, Family and Consumer Sciences Educator. Learn how to make simple adjustments to your cooking habits so that the dishes you like best are better for you. Bring your questions and your recipes and let's talk!

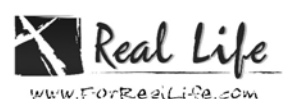
SCRAPBOOKING by Hometown Memories & MORE to be named!

LIVE remote by WBNV!

We'll also have activities for children... face painting, balloons, treats, and more! AND sign-up for a youth bike giveaway!

Epworth Center
301 North Main St, Bethesda
740.484.4705
www.epworthcenter.org

SPONSORED BY:



Epworth Park | Unison
More yet to be named

