

Community Health Expo – All Ages Welcome!



Bring a friend and join the fun!

Enjoy a delicious dinner with your community neighbors and learn what programs are being offered in your community to support active living. Activities and games included for everyone!

Dinner will be served at 6:00pm

Experiential Demonstrations and Guests:

10-minute massages
EncourAge with Margie Witbeck
Disability Advocates with Lisa Nelson-Williams
Indoor Walking Program,
AARP: Good- Form Walking,
Enhance Fitness Program,
Tai Chi,
Pickleball,
Meditation Exercises

Wednesday, November 8th, 6:00-8:15pm

At St. Alphonsus Parish Center
(224 Carrier St. NE, Grand Rapids, MI 49505)

Questions? Call (616)-913-4419 or (616)-451-3043