

Health & Wellness FREE Event

**TAKE TIME FOR SOME
SELF-CARE!**

- Health and Wellness Services
- Fitness Demonstrations
- Health Talks and Lectures
- Health and Wellness Products
- Raffle, Prizes, and Freebies
- Vaccinations for adults & children
provided by Griffin Health

**May 15, 2022
11 am- 6 pm
Elks Lodge
175 School Street
Hamden, CT**

For more information email:
lilianomayravisions@gmail.com

