

WELLNESS WORKSHOP

2014

When: Saturday,
August 23, 2014

Where: Mount
Pilgrim Baptist
Church Education
Center
9700 Scenic Highway

Time:
10:00 a.m. - 2:00 p.m.
(9:30 – Registration)

Theme:
Take Time: Take
Charge of Your Health

**Workshop
Sessions:**
Healthy Cooking
Demonstrations
Love your Kidneys
Living with Diabetes
Medicare Enrollment
for Drug Plans and
Health Plans

Free Screenings:
Blood Cholesterol,
Blood Glucose, Blood
Pressure, Body
Mass Index (BMI),
Waist Circumference,
Dental, Vision,
Colorectal Kits

Health Information:
Community Agencies
and Organizations
Health Insurance
Information
Blood Glucose
Monitoring

Invited Participants: Adults, Parents, Children, Teens,
and Friends



Door Prizes

LUNCH WILL BE SERVED