

PRESENTED BY



CONGRESSMAN
TONY CÁRDENAS
Representing the 29th District of California



HEART, MIND, & SOUL HEALTH AND WELLNESS COMMUNITY FAIR

SATURDAY, FEBRUARY 22 10 AM - 1 PM

**SAN FERNANDO RECREATION PARK
208 PARK AVENUE
SAN FERNANDO, CA**

**Join us for this free event to improve your
health and well-being!**

**Pop Up Farmers Market
Oral Health Services
Blood Pressure & Glucose Screenings
Exercise & Fitness Demos
and much more!**

Register @ <https://hms2020.eventbrite.com>

With Support of



For more information, call us at 818.904.5566

PRESENTADO POR



CONGRESSMAN
TONY CÁRDENAS
Representing the 29th District of California



CORAZON, MENTE, Y ALMA

FERIA COMMUNITARIA DE SALUD Y BIENESTAR

SABADO, 22 DE FEBRERO
10AM - 1 PM

SAN FERNANDO RECREATION PARK
208 PARK AVENUE
SAN FERNANDO, CA

¡Acompañenos en este evento gratuito para mejorar tu salud y bienestar!

Pop-up mercado de agricultores
Servicios de salud bucal
Exámenes de presión arterial y glucosa
Demostraciones de ejercicio y aptitud
¡y muchos mas!

Registrarse en <https://hms2020.eventbrite.com>

Con Apoyo de

VALLEY
PRESBYTERIAN
HOSPITAL


SFCHC
SAN FERNANDO COMMUNITY
HEALTH CENTER

Para obtener más información llámenos al 818.904.5566