

Don't miss the **Family Health** and **Wellness Fair** at the  
**24<sup>th</sup> Annual International Spring Festival**

**The fun begins at 11 am!**  
**Don't miss out...bring the whole family for a healthy  
good time!**

**Be sure to visit the Auxiliary Gym for.....**

- A **Free** chance to win some great prizes including an **Apple iPad Mini**
  
- **Free** Health Screenings (Blood Pressure, Cholesterol, Glucose)
  - **Free** Chair Massage
  
  - Family Fun Fitness Demonstrations including:  
Sterlen Barr's "Rapping About Prevention"  
<http://www.nopuffdaddy.com/>  
North Penn YMCA  
Zumba  
Bollywood Dance  
Boot Camp and more!
  
  - Interactive Health Education

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### **Family Fun Fitness Demonstration Schedule**

**11:30 The Fun Begins** Rapping About Prevention – with Sterlen Barr  
12:00 North Penn YMCA: **Zumba**  
12:30 Rapping About Prevention - Sterlen Barr  
1:00 North Penn YMCA: **Zumba**  
1:30 Perky Promenaders - Square Dancing  
2:00 Rapping About Prevention - Sterlen Barr  
2 :30 North Penn YMCA: **Zumba**  
3:30 Rapping About Prevention – Sterlen Barr  
4:00 Rapping About Prevention – Sterlen Barr  
**4:30 The Grand Prize Drawing!**

**And don't forget....**

**Interactive Health Displays and Screenings from:**

Abington Health Lansdale Hospital

Allergy & Asthma Specialists

AREUFIT Health Services, Inc.

Lansdale School of Business

Lyme Disease of PA

Montgomery County Health Alliance - Alzheimer's

Montgomery County Health Alliance - Immunization Coalition

Montgomery County Health Alliance - Obesity Action Team

North Penn YMCA

Philippine Nurse's Association

Rapping about Prevention

Tobacco Coalition of Montgomery County

Montgomery County Health Department

VNA – Community Services

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**Don't miss out on prizes, screenings, fitness demos and more**

**Bring the whole family for a healthy good time!**