

JERSEY VILLAGE COMMUNITY HEALTH & WELLNESS FAIR



Saturday, July 15th
8:30-12:00

Jersey Village Civic Center
16327 Lakeview Dr.

- ✓ Free Activities for ALL Ages
- ✓ Blood Drive 8:30-1:00
https://www.commitforlife.org/donor/schedules/drive_schedule/260559
- ✓ Interactive Exercise Demos
- ✓ Wellness Checks
- ✓ Physician Presentations
- ✓ Talk One on One with Specialists
- ✓ Raffle Drawings

Bring Your Family & Friends
Sponsored by:
Jersey Village Women's Group

Classes

(Participants welcome)

- Yoga
- Mini Boot Camp
- Self Defense

Schedule can be found at
www.jvwg.org

Vendors

Harris County Public Library

JV Fire Department
Blood Pressure Checks

JV Police Department
Safety Presentation

Houston Methodist
Cancer Center

Houston Methodist
Orthopedics & Sports Medicine

Houston Methodist Willowbrook
Hospital Stroke Team

JV Senior Outreach

Memorial Hermann
Cypress Hospital
General Wellness

Livestrong

WOW Technology

Juice Plus

Metabolism - Heart Rate

Nutritional Supplements

Organization Specialist

Essential Oils

...and more