

MOVING YOUR WEIGH INTO A HEALTHY LIFESTYLE

Pilates



Cooking Demonstration



Meditation



Food is Medicine:
Produce Giveaway

Chair Massages



Line Dancing

Healthy Juice Station



PRESENTED BY:

St. Paul's Health Ministry and Neighborhood Family Practice



Neighborhood
Family Practice
COMMUNITY HEALTH CENTERS



Cleveland Clinic
Fairview Hospital



St Paul AME Church
216-941-6767



GOOD HEALTH WINS
NATIONAL COUNCIL OF YOUNG WOMEN, INC.



4118 Brookside Blvd,
Cleveland, OH 44135

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