

Art of Healthy Living Expo

Information For Optimal Wellness!

Sponsored By:



Thursday,
April 1, 2010
From 9:00-12:00

Red Mountain
Multigenerational Center
7550 East Adobe St. Mesa

Free Admission!
Door Prizes!
Free Screenings!

- Exercise & Fitness
- Massage
- Health Screens
- Tai Chi Demo
- Herbal Healing
- Healthy Food Tasting
- Alternative Medicine
- Dental & Optical
- Zumba Demo
- Financial Fitness

Create your lifestyle.

