











MENTAL AND PHYSICAL WELLNESS EVENT FOR ALL

JOIN US:

Friday,
April 19, 2024
10:00 am - 1:00 pm
FGC Campus:
Trustee Terrace

10:00 am:

45 minute nature walk and health vendor visit

11:00 am:

Vendor sessions and FREE lunch

Resources from: HCA Lake City Hospital, Department of Health, Northstar Family Resource Center, Florida Blue, Department of Veteran's Affairs, Tobacco Free Florida, Crossfit 1075, Future Fitness, and more

Enter Raffles
Enjoy free lunch
Get your vitals checked
Visit with local gyms
Walk through colon exhibit

Healthy
Today,
Thriving
Tomorrow

Last FGC Softball Game of the season to follow the event!

For more info:

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