

Living At Our Best: Inside & Out

A Free Health Education
Conference for the
Community.

A day to empower each other!
Teens, seniors and those in between.



Living at Our Best is a special time to learn about how to cope with health conditions that can affect you.

Join us from **9am - 1pm** • sign up free workshops in English & Spanish for your mind, body & spirit. (e.g. Zumba, Acupuncture, Aromatherapy & more) • Benefit from free health screenings

- Enjoy Heart Healthy Breakfast
- Meet Special Guests
- Free Door Prizes & More

**For more information, contact
Chantell Brown 914-734-8524
or Liz Phillips 914-734-8612**

Brought to you by

communityhealth

Hudson River HealthCare, Inc.
1037 Main Street - Peekskill NY 10566

Co-Sponsors:

- Lower Hudson Valley Perinatal Network
- Peekskill Area Pastor's Association
- Visiting Nurse Association of the Hudson Valley

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search: "HRHCyouthservices"

