

# Join Us for a Day of Wellness & Self-Care!

Discover  
Balance,  
Refresh Your  
Mind, and  
Nourish  
Your Body



Join us for an uplifting and rejuvenating wellness event designed to refresh your spirit and energize your body. Whether you're looking for relaxation, fitness, or mindfulness, we have something for everyone!



## Event Highlights:

- **Biometric Screenings by Quest Diagnostics** – Limited gift cards available for those completing the screening. **FREE Service** - valued at \$2,000!
- **Vaccinations by Walgreens** – Available for insured individuals, including Medicaid/Medicare.
- **Walk With a Doc** – Enjoy a refreshing walk along the BeltLine with Dr. Na'Taki Osborne Jelks, Assistant Professor of Environmental & Health Sciences at Spelman College and Co-Founder of West Atlanta Watershed Alliance (WAWA).
- **Yoga & Meditation Sessions** – Find your inner peace and release stress.
- **Fun for the Kids!** – Face painting, balloon art, and a caricature artist.
- **Line Dancing** – Get moving and have fun with a community dance session!

**Saturday  
April 12, 2025  
9:00 AM - 1:00 PM**  
590 North Avenue NW  
Atlanta, GA 30318

## RSVP Today!

Reserve your spot now and take the first step toward a healthier, happier you.

## REGISTER NOW!

