

NATIONAL HEALTH CENTER WEEK

**Celebrating America's Health Centers:
The Key to Healthier Communities**



Celebrate With Us!



**Find out how Manet is making
our community healthier!**

Our National Health Center Week Patient Appreciation Celebrations are open to everyone! Stop by to see how community health centers make a difference. Take a tour and meet our staff.

Sponsorship opportunities are available.

For more information, call 617-690-6323 or email events@manetchc.org.

www.manetchc.org

Saturday, August 12

Wollaston Beach Wellness Walk

Caddy Memorial Park, Quincy Shore Drive

Registration: 9-10 a.m. Walk begins at 10 a.m. This non-competitive, health walk starts and finishes at Caddy Park. Participants can choose to walk a 1, 2, 3 or 4-mile route along the beach and enjoy a variety of healthy snacks, health screenings and activities. \$10 registration fee (\$15 on the day of the event). Proceeds benefit Manet Community Health Center and the Friends of Wollaston Beach. To register online or for more information go to:

<http://bit.ly/WollastonBeachWalk>



Monday, August 14

Open House & Fresh Truck Pop Up Market

Manet North Quincy, 110 W. Squantum Street

10 a.m. - Noon

Stop in for free health screenings, information & activities and visit the **Fresh Truck** to pick up some fresh and delicious fruits and veggies!

Tuesday, August 15

Groundbreaking Ceremony

Manet Houghs Neck, 1193 Sea Street, Quincy

Time TBD

Join us as we celebrate Manet's latest facility upgrade in Houghs Neck, thanks to the City of Quincy Community Development Block Grant program.

Wednesday, August 16

Tai Chi on the Circle

Manet, Snug Harbor, 9 Bicknell Street, Quincy

10 a.m.

Learn this gentle form of exercise and stretching often call "meditation in motion." All ages and abilities are welcome to participate in this demonstration.

Thursday, August 17

Open House & Health Fair

Manet, Taunton, One Washington Street, Taunton

10 a.m.-Noon

Meet our new providers and see our newly renovated and expanded space. Healthy snacks, health screenings, wellness resources, and more!

Friday, August 18

Safe 'n Sunny Seaside Health Fair

DCR Mary Jeanette Murray Bath House,
204 Nantasket Avenue, Hull

10 a.m.- 1 p.m.

Take a break from the sun and surf and join us for a cold drink, healthy snacks, free health screenings and information.