

Beaumont Heart and Vascular
VETERAN'S WELLNESS
DAY FAIR

Veterans are invited to attend a free wellness fair from 9 am—12 pm. You will be meeting with an Exercise Physiologist to discuss heart healthy eating habits, exercise routines, blood pressures, stress management and a baseline vital check.

Beverages and snacks provided.

Beaumont Health Club
Friday, November 9, 2018
9 AM—12PM

RSVP to : 248-964-8561 please leave a voicemail with your name

Beaumont