Saturday, July 18, 2026 | **10 a.m. to 4 p.m.**

THRIVE KALAMAZOO

Where Wellness Meets Community



Synergy Health Center
625 Harrison Street, Kalamazoo
Free to the Community



Kimberly Lee-Tessmer
Wellness Director

- Free Wellness Checks
- Games & Food
- Cooking Demos
- Family Activities
- Free Fun for the Family

SYNERGY HEALTH CENTER
synergykzoo.org

KALAMAZOO COMMUNITY FOUNDATION

Scan to Register in Advance
bit.ly/ThriveKalamazoo