

1st Annual

Summer Kick-Off Bash: Health and Fitness Fair

Crouse Park in Sparta, NC
June 13th, 2 pm - 6 pm

Health

- Free Bicycle Helmets
- Free Screenings (A1C)
- Mobile Health Unit*
- Blood Drive

*subject to change

Fitness & Nutrition

- Cooking Demos
- Free Farmer's Market
- Pickleball Tournament
- Tai Chi Class
- Flow Yoga Class

Entertainment

- Kids Zone
- Live Music featuring:
Red River Dawn
- Magic Show
- Balloon Animals

Scan the QR code to
RSVP on Facebook!

