



PINE BLUFF HISTORIC DISTRICT COMMISSION

In conjunction with
EXPLORE PINE BLUFF

Presents

AN OUTDOOR HEALTH EMPOWERMENT EXPO

Saturday, October 4, 2025 – 10 am -2 pm



PARTICIPANTS

ARKANSAS RED CROSS
AR DEPT. OF HEALTH
PB HIGH SCHOOL (4-H CLUB)
CITY OF PINE BLUFF
PB BRANCH NAACP
FOOD VENDORS
SMALL BUSINESSES
TOUR DE BLUFF CYCLING CLUB
BOYS & GIRLS CLUB
TOPPS
SOAR

CO-SPONSORS

NovelT's
Jefferson County Library
Dee Herring Realty
Indigo Blue Coffeehouse
Pine Bluff Economic & Community
Development
Reynolds Building Community Center

WORKSHOPS & SCREENINGS

(11 am – 1:30 pm)

Disaster Preparedness (Emergency)

Voter Registration - Education

Mental Health Awareness

Breast Cancer Awareness

Senior Citizen Health Issues

Social Security Benefits

Men's Health Issues

Blood Pressure & Diabetes Screenings

Fun & Games (11-2 pm)

CHESS ~ PICKLE BALL ~ BINGO

HEALTH & FITNESS EVENTS

(7 am – 12 pm)

Bike Ride or Run

Explore Downtown and Other Historic Sites

*** 20 Mile Bicycle Ride for seasoned riders (7 am)**

Start and end at Indigo Blue Coffeehouse, 212 W. Barraque

*** 1.3 Mile Bike Ride or Scavenger Hunt Walk**

Pick up your tour card at the Expo Information booth

Ride begins at 6th and Main Streets at 10:30 am

*** 5.3 Miles Points of Interest (11:30 am)**

Ride begins and ends at 6th and Main streets. Hybrid & road bikes recommended. Pick up tour card at 6th & Main.

Ride cards can be picked up at the library or across the street at the offices of Explore Pine Bluff

ALL EVENTS ARE FREE & OPEN TO THE PUBLIC

FOR MORE INFORMATION CALL/TEXT 870-718-5330