

# HEART, MIND, & SOUL HEALTH AND WELLNESS COMMUNITY FAIR

**SATURDAY, FEBRUARY 22  
10 - 1 PM**

**SAN FERNANDO RECREATION PARK  
208 PARK AVENUE  
SAN FERNANDO, CA**

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**Join us for this free event to improve your  
health and wellbeing!**

**Pop Up Farmers Market  
Oral Health Services  
Blood Pressure & Glucose Screenings  
Exercise & Fitness Demos  
Many more!**



CONGRESSMAN  
**TONY CÁRDENAS**  
Representing the 29th District of California



For more information, call us at 818.904.5566

# **CORAZON, MENTE, Y ALMA FERIA COMMUNITARIA DE SALUD Y BIENESTAR**

**SABADO, 22 DE FEBRERO  
10AM - 1 PM**

**SAN FERNANDO RECREATION PARK  
208 PARK AVENUE  
SAN FERNANDO, CA**

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**Acompañanos en este evento gratuito  
para mejorar tu salud y bienestar!**

**Pop Up Mercado de Agricultores  
Servicios de Salud Bucal  
Exámenes de Presión Arterial y Glucosa  
Demostraciones de Ejercicio y Aptitud  
Muchos mas!**



CONGRESSMAN  
**TONY CÁRDENAS**  
Representing the 29th District of California



**VALLEY CARE**  
Community Consortium

Para obtener más información llámenos al 818.904.5566