

SENIOR ACTIVITY CENTER

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# PORTSMOUTH

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FITNESS   ENRICHMENT   SOCIAL   RESOURCES   ENTERTAINMENT



# Health & Wellness Expo

**THURS, SEPTEMBER 19**

**9:00AM - 12:00PM**

Complimentary Breakfast Refreshments Available  
At Community Campus Gym  
100 Campus Drive, Portsmouth

**50+ TABLES FULL OF:**

- Health & Wellness Resources
- Local Activities
- Flu Shots????
- Mental Health Info
- Balance Test

FOR MORE  
INFORMATION  
603.610.4433

2024