

SENIOR ACTIVITY CENTER

PORTSMOUTH

FITNESS ENRICHMENT SOCIAL RESOURCES ENTERTAINMENT

FREE

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