

QUAIL CREEK  
COUNTRY CLUB  
*Community*

# HEALTH & WELLNESS FAIR

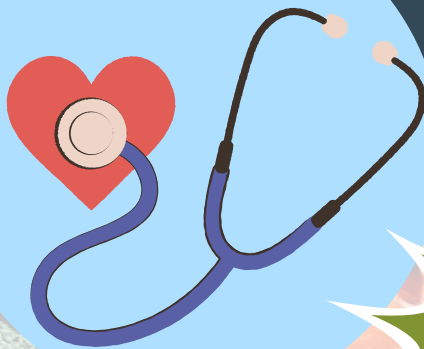
Wednesday,  
April 22nd

Madera Clubhouse-  
Crystal Ballroom  
9:00am - 1:00pm

- Fitness & movement
- Preventive health & screenings
- Nutrition & healthy living
- Mental & emotional well-being
- Holistic therapies
- Aging well, mobility & independence
- Home health & wellness products



Ready to feel your best?  
Join us at the Health &  
Wellness Fair and explore  
fitness, nutrition,  
preventive screenings, and  
more—plus expert tips on  
aging well, staying active,  
and living a balanced,  
healthy life!



**FREE  
ENTRY!**