

HEALTH & RESOURCES FAIR

SATURDAY, OCTOBER 20

9AM - 12PM

SCHEDULE:

9am-11am | Complimentary Breakfast

9am-Noon | Vendor Fair Open

9:15am-10am |

- **LECTURE:**

Nasira Burkholder-Cooley,
*From Supplements to Superfoods -
Nutrition Myths Explained*

- **CLASS DEMO:**

Definitely Dance, Ballroom & Swing

10:15am-11am |

- **LECTURE:**

Mona Kaur & Manish Bansal,
Tea Tasting with Mindfulness

- **CLASS DEMO:**

Andrew Deming, Silver Glove Fitness:
Boxing Class

SPONSORS:



EVENT IS FREE! QUESTIONS PLEASE VISIT ADMIN. OFFICE OR CALL 949-644-3244

OASIS SENIOR CENTER | 801 NARCISSUS AVE. CORONA DEL MAR, CA.