

Save the Date



Rosemead • San Gabriel Valley

Annual FITNESS DAY and HEALTH FAIR

Rosemead Center – Between Valley & Muscatel, next to the City Hall
3936 North Muscatel Avenue Rosemead, CA 91770 CA 91770

THE PEOPLE, HEALTHY LIFESTYLE,
FITNESS, DIVERSITY AND TRENDS
THAT SHAPED ANOTHER
TUMULTUOUS YEAR IN
THE HEALTH SUBJECT
AND WHAT TO EXPECT



Turn Up the Volume ≈

Photos by Bing Yeh



www.FitnessAndHealthFair.org

ROSEMEAD • SAN GABRIEL VALLEY



FITNESS DAY AND HEALTH FAIR

Feliz Día de la Salud 全民 歡樂健康日 Chúc mừng Ngày Sức khỏe

Healthy People • Healthy Community • Healthy Country

TO THE PARTICIPANTS

RE: Rosemead • San Gabriel Valley Annual Fitness Day and Health Fair

Goal:

The goal of this event is to share the culture of healthy lifestyles, raise fitness awareness, highlight the community's diversity, and to build positive relationships. Due to global warming, the pollutants in the environment, and lifestyle changes, strengthening health concepts and living a green life are becoming an important issue. Theme color: blue, green and purple.

Overview:

Fitness Day and Health Fair in Southern California begin with a two-week art exhibit. A one-day indoor fair is held in City of Rosemead featuring healthy living, life related information, and environment sensitive education.

Location: Fitness Day and Health Fair - Rosemead Center / 3936 N. Muscatel Avenue Rosemead, CA
(Next to the Rosemead City Hall, between Valley Boulevard and Muscatel Avenue)

Activities: Health Screenings, Consultations, Haircuts, Tasting, Booths, Eye Screenings, TCM, Seminars, Demonstrations, Prizes and more.....

- Art: The art contest and exhibition - to express the visions of eco-awareness and healthy living.
- Community: Outreach and involvement, strengthen community ties, sociability, and harmony.
- Economic: Promotion opportunities and showcase one's unique services.
- Fitness: Share the joy of movement, kinesitherapy and celebrate successful aging.
- Learn: Variety of healthy lifestyles, resources, seminars, and information.
- Service: Give back to the community, and offer charitable services.

Let's Move, Join the Fair, and Bask in Interactive Energy.

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