

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**

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

Our goal: The goal of this event is to promote healthy lifestyles, raise awareness about fitness and wellness, celebrate the diversity of our community, and build positive relationships among community members

With global warming, environmental pollution, and changing lifestyles, promoting health awareness and encouraging a greener way of living have become increasingly important.

Theme Colors: Blue • Green • Purple

Event Overview: The Fitness Day & Health Fair in Southern California begins with a six-month art contest, followed by a one-day indoor community fair in the City of Rosemead.

The fair features information and activities focused on healthy living, community resources, wellness, and environmental awareness.

Location: Rosemead Center – 3936 N. Muscatel Avenue, Rosemead, CA
Next to Rosemead City Hall, between Valley Boulevard and Muscatel Avenue

Activities:

Health Screenings • Health Consultations • Haircuts • Food Tastings • Community Booths • Eye Screenings • Traditional Chinese Medicine (TCM) • Seminars • Demonstrations • Prizes • And More!

- **Art:** Art Contest & Exhibition – Express your vision and creativity through artwork that promotes environmental awareness, healthy living, and a sustainable future.
- **Community:** Promote community outreach and involvement, strengthen community connections, encourage social interaction, and foster harmony.
- **Economic:** Create opportunities to promote your organization, business, products, and services while showcasing what makes you unique.
- **Fitness:** Share the joy of movement, kinesitherapy, and active living while celebrating the benefits of healthy aging.
- **Learn:** Discover a variety of healthy lifestyles, community resources, educational seminars, and valuable health and wellness information.
- **Service:** Give back to the community by sharing your knowledge, resources, and charitable services with those who need them.

Let's Move • Join the Fair • Share the Energy!

Together, let's create a healthier, stronger, greener, and more connected community