

Live, Laugh, Learn

Health and Wellness Fair

Join us for a day of laughter,
learning, and wellness.

June 5, 2019

9:30 am-3:15 pm

No Cost to Participate! Lunch provided. Open to all adults!

**Delia Community Centre, Main
Street, Delia, Alberta**

Fair is being presented by the Delia Library
and Starland County FCSS

Presentations include:
Cannabis and Aging
Nutrition
Balance Wellness
Medication and Side Effects
Physical Literacy
Community Engagement
Dreams and Doodles

Come enjoy presentations, demonstrations, displays, and a resource fair. Join entertainer, Shirley Best, who will be entertaining us with her absolutely side-splitting inspirational humour.

Register for lunch with an **RSVP by June 1, 2019** by contacting Leah Hunter, 403-364-3777 or Diana Rowe, Starland County, 403-820-1116 or diana@starlandcounty.com



Delia Municipal Library

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www.delialibrary.ca