

• Cinnaminson Township •

HEALTH & WELLNESS FORUM

Join Us for an Informative Event!

HEALTH LIFESTYLES FOR A HEALTHY BODY AND MIND

WEDNESDAY, SEPTEMBER 30TH | 4:00 PM

Cinnaminson Municipal Building
1621 Riverton Road

Guest Speakers:



Dr. Edward Reis
Primary Medical
Care Director



Dr. Amishi Parekh, MD, MPH
Primary Care
Physician



NUTRITION



HYDRATION



MENTAL WELLNESS



STRESS
MANAGEMENT



PHYSICAL
ACTIVITY

Participants will learn strategies to improve their quality of life and support long-term health and longevity.

Forum will include a Q&A session with the presenters.

Empower Yourself to Take Charge of Your Health!

FREE EVENT FOR RESIDENTS
Light Refreshments Will Be Served