

• 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



HOME OF SIDNEY KIMMEL
MEDICAL COLLEGE



**Dr. Amishi
Parekh, MD, MPH**
Primary Care
Physician



HOME OF SIDNEY KIMMEL
MEDICAL COLLEGE



NUTRITION



HYDRATION



MENTAL WELLNESS



STRESS
MANAGEMENT



PHYSICAL
ACTIVITY

Empower Yourself to Take Charge of Your Health!

FREE EVENT FOR RESIDENTS

Light Refreshments Will Be Served