

Valley Health

Community Wellness Festival

in partnership with
Shenandoah University

Saturday, February 29

10 AM – 4 PM

**Apple Blossom Mall
Winchester, VA**



- 80+ Health, Wellness and Fitness Exhibitors
- The Healthy Kid Experience: Wellness Fun for Kids
- Free and Low Cost Health Screenings
- Healthy Cooking Demonstrations and Tastings
- Fitness Demonstrations

▶ Learn more at www.valleyhealthlink.com/wellnessfestival.

Funded by the Winchester Medical Center Foundation



Healthier, together.