

**30<sup>th</sup>**  
ANNUAL

Valley Health  
**Community Wellness**  
*Festival*

in partnership with **Shenandoah University**

**Saturday, February 24**

**10 AM – 5 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



• Fitness Demonstrations

▶ Learn more at [www.valleyhealthlink.com/wellnessfestival](http://www.valleyhealthlink.com/wellnessfestival).

**Funded by the Winchester Medical Center Foundation**



**SHENANDOAH**  
UNIVERSITY  
Eleanor Wade Custer School of Nursing

  
**APPLE BLOSSOM MALL**  
A SIMON MALL

 **ValleyHealth**

*Healthier, together.*