



HEALTH & WELLNESS COMMUNITY EXPO

Saturday, October 7, 2023

9 am to 3 pm

Recreation Park

208 Park Avenue, San Fernando, CA 91340

In Partnership With



FREE HEALTH & WELLNESS SCREENING

Your health is the most well-known lives priority, and it includes a personal attention to and maintenance of overall health through nutrition, physical activity, sleep, and positive healthy habits to maintain a healthy quality of life. We will be offering both adult and children healthcare screening.

CHILDREN ACTION CORNER

We will be offering early childhood screening and services: Free healthcare screening, vision, and dental exams. Entertainment: Arts and Crafts, projects, and exciting activities.

SENIOR RESOURCE SQUARE

Center of resources and programs give older adults an opportunity to be introduced to new and updated services available. Also a time to socialize and engage in activities in a safe environment. Introduction of community programs can accommodate older adults of varying health need.

MENTAL & PHYSICAL

A new season means a new schedule for improving ourself. Mentally receiving a diagnosis of a chronic illness can be life-altering. Along with the day-to-day physical symptoms of the illness, emotions such as sadness, grief, and denial, as well as an added financial burden, can follow a diagnosis.

VACCINATION STATION

COVID-19 Vaccination & Flu Shots
Vaccines are available for everyone age six months and older. You will not be asked about your immigration status when you get a vaccine. No appointment is needed.

BUSINESS & RESOURCES VENDORS

Visit one of the many hands-on activity booths. Families will also learn about the rich resources that are available in the community to help people thrive.

JOIN A WORKSHOP

- Professional Speakers
- CPR & First Aid safety
- Fitness & Meditation
- Health Topics with Q&A
- Public Service Organizations

Sponsorship & Volunteer Opportunities:
Please contact us at kqfoundation@gmail.com