

# Health and Safety Fair

Saturday, September 11th

10:00AM to 2:00 PM

**Creating a Healthy and Safe Community**

**Hosted by**

**The Northern Neck Family YMCA**

- Glucose, Blood Pressure, Cholesterol Screenings by Rappahannock General Hospital.
- Self Defense class by Chris Allen, Certified Defensive Tactics Instructor.
- Mini Massages by Arlene Crabbe
- Eye Examinations by Lions Club
- K9 Dog Demonstration by Deputy Bobby Moore.

**Bounce House  
for kids**

**Cancer information**

**First Aid /CPR**

**Demonstrations**

**Open Aerobic  
Classes**

**And more ...**



**Peninsula  
Metropolitan  
YMCA**

**We build strong kids,  
strong families,  
strong communities.**

Northern Neck Family YMCA  
39 Harris Rd.  
Kilmarnock, VA  
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[www.peninsulaymca.org](http://www.peninsulaymca.org)



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