

5th
ANNUAL

CHWWE

COMMUNITY HEALTH & WELLNESS EXPO
Holistic Vibes: A Holistic Approach to Health & Wellness

Monroe Civic Center Arena

SATURDAY, JUNE 3, 2023

10:00 AM - 2:00 PM

Free Admission ~ All Ages Welcome

LEARNING:

Healthy Lifestyle Tips
Weight Management
Health & Wellness Panelists

ACTIVITIES:

Cooking Demos
Kids Art Session
Fitness Fashion Show

FREE WELLNESS CLASSES
MINDFULNESS, YOGA, & ZUMBA

VENDOR BOOTHS
SPONSORSHIPS AVAILABLE NOW!
Early Bird Discount until April 15

Contact: Katrina Branson | Holistic Vibes, Owner & Founder
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🌐 Holistic Vibes

📸 @my_holistic_vibes