

THE X'S AND O'S OF HEALTH: *CREATING A WINNING HEALTH PLAN*

Join Us for a Game-Changing Health Event!

We're calling all men to the huddle to tackle health and wellness in our community!

HIGHLIGHTS OF WHAT TO EXPECT:

- * Free Health Screenings
- * Hear about the importance of closing gaps in health care
- * Engage in practical sessions on mental health
- * Learn about the role of nutrition in disease prevention

SAT. FEB 22ND
10AM - 2PM

Who Should Attend?
Men ready to take charge of their health.

Location: Tustin Recreation Center, 5901 W Columbia Ave, Philadelphia, PA 19151

Join the team and don't miss this opportunity to learn, connect, and take a step towards a healthier life.

