



**MYSTRENGTH HEALTH FAIR**

**FREE INFO  
ON MINDFULNESS,  
NUTRITION &  
HEALTHY LIFESTYLES**



**MONDAY, OCTOBER 21**



**10:30 A.M. - 12 P.M. AT LIBERTIES NORTH  
1:30 - 3 P.M. AT LIBERTIES SOUTH**

**COME ENJOY FREE HEALTHY FOOD,  
COOKING, CRAFTS, GIVEAWAYS,  
INFORMATION ON HEALTHY LIFESTYLES,  
NUTRITION, MINDFULNESS AND MORE.**



**HOSTED BY LIBERTIES  
IN COLLABORATION WITH CMH.  
CALL 586-466-7912 FOR MORE INFORMATION.**