



# Health & Fitness

## ON THE MOVE EXPO

**Saturday, Oct. 26, 2019**

**10:00 a.m. – 2:00 p.m.**

Robinwood Professional Center Atrium and Suite 142

*Brought to you by Meritus Health and Zion Baptist Church*

This FREE event will focus on living a healthy life for people of all ages!

Health agency vendors will be on site to perform health screenings and provide health, nutrition, and exercise information to promote living a holistic, healthy lifestyle.

The event will host engaging speakers discussing relevant health topics, as well as fitness and cooking demonstrations.