

January 25 • 10 am-2 pm



# HEALTH WELLNESS FAIR



## Eisenhower Conference & Catering Free Community Event For All Ages

Our mission is to provide a collaborative approach to body, mind and spirit wellness by supporting physical and mental resiliency and readiness, encouraging healthy lifestyles and connecting guests to the resources that can help maintain good health throughout 2025.

- The event will include:
- Early bird run/walk\* starting at ECC at 9:30 am
  - Nutritious food demonstrations and samples
  - Demonstrations by vendors and organizations
  - Door prizes, including a pair of brand-new Beats Wireless Earbuds
- So join us as we support the Fort Eisenhower community and a more healthful tomorrow.



**Eisenhower**  
 CONFERENCE & CATERING  
 19th Street, Building 18400  
**706-791-6780**



home instead. SPORT & INJURY BODYWORKS BiLife the Y STRETCHLAB  
 Augusta Coca-Cola FIRST COMMAND DOG+ORS HOSPITAL AUGUSTA SPORTS COUNCIL  
 NUTRITION Anthem BlueCrossBlueShield Clean EatZ IT'S A LIFESTYLE

\*Call 706-831-6536 for details.