



OPA-LOCKA

SATURDAY, MARCH 12, 2016

1 - 4 PM

Health MATTERS

HEALTH AND RESOURCE FAIR

Sherbondy Village Community Center/Park

215 President Barack Obama (Perviz) Ave

Opa-locka, FL 33054

Join us for a fun filled day that will include health and wellness activities with community resources that will benefit the whole family - seniors, parents, teens and children.

PRESENTER / HOST: Opa-locka Community Development Corporation

SPONSOR: City of Opa-locka
The Children's Trust

CO-SPONSOR: Delta Sigma Theta Sorority, Inc. Dade County Alumnae Chapter, SFC-NAASC

SPONSORED BY:



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Activities

- Free health screenings
- Interactive health seminars and workshops
- Food preparation demonstrations
- Active games to keep kids moving
- CPR training class

Raffles

- Gift baskets
- Healthy cookbooks

Need Food Assistance?

- Fresh fruit and vegetable giveaway



FOR MORE INFORMATION PLEASE CALL 305.687.3545 OR VISIT OLCDC.ORG



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Sabado, el 12 de Marzo 2016

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Únase con nosotros para un día lleno de diversión, que incluirá actividades de salud y bienestar con recursos comunitarios que beneficien a toda la familia - de la tercera edad, padres, adolescentes y niños

PRESENTADOR: Opa-locka Community Development Corporation

PATROCINADOR: La Ciudad de Opa-locka
The Children's Trust

COPATROCINADOR: Delta Sigma Theta Sorority, Inc. Dade County Alumnae Chapter, SFC-NAASC

PATROCINADOR POR:

Actividades

- Exámenes de salud gratis
- Talleres y seminarios de salud interactivas
- Demostraciones de preparación de alimentos
- Juegos activos para mantener a los niños en movimiento
- Entranamiento del CPR

Sorteo

- Cestas de regalo
- Libros de cocina saludables

¿Necesitas ayuda alimentaria?

- Regalo de frutas y hortalizas frescas



The Miami Herald



Para más información por favor llame al 305.687.3545 o visita al www.olcdc.org