



FREE ADMISSION

3rd Annual Prince George's County Holiday Food and Fitness Expo

Healthy Lifestyle Behaviors... They Start With You!

For the past 3 years, the Prince George's County Holiday Food and Fitness Expo has provided a wonderful opportunity for families to enjoy learning how to stay healthy. At this unique Expo, you will have fun participating in various energetic activities designed for the whole family. We give you exclusive access to health care professionals that will give you valuable tips on living a healthy lifestyle.

Expo Highlights

- Aerobics instruction
- Line dancing activities
- Calypso and zumba dancing instruction
- Free flu shots
- Health screenings
- Nutritionist consultations
- Holiday crafts and gifts
- Fantastic door prizes

Special guests



Sheila Stewart
Radio Personality
93.9 WKYS FM



Orlando Phillips
Multi-talented musician

Come join us for a day of delicious food, energetic fun and helpful information on how to prevent and manage diseases like diabetes.

Saturday, November 3, 2007
9:00 a.m. – 2:00 p.m.

Wayne K. Curry Sports and Learning Complex
8001 Sheriff Road, Landover, Maryland

For more information:

Call 301-780-5905,
Go to www.pgcps.org, or
Tune into PGCPs TV-96/38

Sponsored by:

