

HEALTH AND WELLNESS FAIR

☆ An Afternoon of **Discounted Health Assessments** and Live Demonstrations ☆

Visit us Saturday, November, 7th from 2:00 to 5:00pm

@ *Atlantic Coast Academy of Dance*

Right off route 6 in West Barnstable.

49 John Maki Road West Barnstable Ma, 02668

On Saturday November 7th Health and Wellness professionals will be offering educational and evaluation services for several aspects of your general Well being.

Some of the many services Include

Live blood Cell Analysis by 9 to 5 Nutrition

Diabetes Screening by 9 to 5 Nutrition

Cardiovascular Screening by 9 to 5 Nutrition

Stress Screening by 9 to 5 Nutrition

Skin Damage Screening by 9 to 5 Nutrition

Detox Footbaths by 9 to 5 Nutrition

Massage Therapy and Kinesiology with *Herve Deroche*

Fitness Evaluation from Fitness Trainer *Lonnie Crosland*

Nutritional Education with *Dawn Mckenzie*

Consultation with Master Hypnotherapist *Susan Barry*

Physical therapy with *Meredith Harris*

Educational Heath Insurance Information by *Jeffrey Pepi*

Dance Information and Live Demonstrations by

Cape Cod Hip Hop & Jazz and Atlantic Coast Academy of Dance

PLUS MANY MORE TOP QUALITY HEALTH AND WELLSNESS PROFESSIONALS

♥ **Free Food and drinks**

♥ **Live entertainment**

Register early to guarantee a personal health evaluation and assessment

Please call 508-362-3111 or 362-1411 or email us at

Coastal Nutcracker @ yahoo.com

9 to 5 Nutrition will charge \$25.00 per service ~ Get three assessments for \$60.00!

All proceeds will be donated to the production of Cape Cod's only pre-professional full length production of the "Nutcracker Gala"

A not for-profit organization

Call, Stop in, or Pre-Register for your Health Assessment Now

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Join Us for a Good Cause