



2022

HEALTH AND WELLNESS EXPO

CLUBHOUSE 5

SATURDAY, OCTOBER 1 • 10AM TO 2PM

Lectures • Sponsor fair

Complimentary event; free box lunch while supplies last

CALL CALL 949-597-4382 OR EMAIL RECREATION@VMSINC.ORG



Wellness Advocate
Phyllis Ann Jones
888.256.2674
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