



WELLNESS FESTIVAL

FOR INDIVIDUALS WITH PHYSICAL DISABILITIES & THEIR FAMILIES

The event will include:

- Complimentary snacks and infused water stations
- Healthy eating on a budget workshop
- Art therapy seminar and a hands on art project
- Accessible sports activities provided by Gaylord Sports Association & Chapter 126
- Free health screenings
- Motivational speakers
- Free prizes & more!

Admission to the event is **FREE** and all are welcome to attend.

Date: Saturday, October 7th 11:00am – 2:00pm

Location: New Horizons Village

37 Bliss Memorial Road

Unionville, CT 06085

860-673-8893



For More Information and To Register:

<http://nhvillage.org/news/>

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