

Health Fair

Saturday, May 18 ♦ 2:00 – 6:00 p.m.

Cedar Health & Wellness Center
955 Blanco Circle, Suite E
Salinas, CA 93901
(in the Harkins Center)



FREE screenings including blood pressure, BMI, glucose levels, cholesterol levels!

FREE information about healthy eating, physical activity, dental hygiene, local youth programs and seed planting! Plus, learn how you can save on your prescriptions!

FREE healthy snacks!

Raffle Prizes!

This is an exclusive event open to Western Growers Assurance Trust participants and their families.



Cedar 
Health and Wellness Center


WESTERN GROWERS
ASSURANCE TRUST

Feria de Salud

Sábado, 18 de Mayo ♦ 2:00 a 6:00 pm
Cedar Health & Wellness Center
955 Blanco Circle, Suite E
Salinas, CA 93901
(en el Harkins Center)



Exámenes de presión arterial, índice de masa corporal, niveles de glucosa y colesterol **GRATIS!**

Información **GRATUITA** sobre dieta saludable, actividad física, higiene dental, programas locales para jóvenes, y como plantar semillas! Además, aprenda como ahorrar en sus medicamentos!

Bocadillos saludables **GRATIS!**

RIFAS!

Este es un evento exclusivo para los participantes de Western Growers Assurance Trust y sus familias.



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