

HEMI's 2019 Health & Wellness Fair

At the University of Cincinnati



Saturday, March 9th

11:00 - 2:00

At UC's Campus Recreation Center

All Hamilton County foster youth in high school and beyond and their mentors/supporters are encouraged to join HEMI on UC's campus for a fun, interactive event focused on personal health and wellness.



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| 10:30 – 11:00 | Registration and Sign-In at the REC |
| 11:00 – 12:00 | Free Lunch Buffet at Center Court |
| 12:00 – 2:00 | Health & Wellness Fair |

Inflatable Obstacle Course, Basketball, Climbing Wall, Personal Trainers, Yoga, Free Massages, Dance Teams, Representative from JFS to answer questions about Medicaid, Interactive booths from the Colleges of Medicine, Pharmacy, Social Work, Nutrition, and so much more!

Registration is Free, but required.

Please visit <https://hemimentors.wixsite.com/healthandwellness>
email HEMImentors@uc.edu or call (513) 556-3670 to RSVP today!