

**JOIN US AT OUR**

**WELLNESS  
FAIR**

---

Thursday March 19th

5 - 7pm

Somersworth High School Cafetorium

---

Learn about health & wellness in  
our community & enjoy free dinner  
& activities!

**Be entered to win a  
raffle from our vendors!**

Enjoy a **free, healthy** meal from



& **dessert** from **Mulligan's Grill!**

Check out vendors like:



**& more!**

See & join in on demonstrations and

activities like:

**Zumba with United Fitness**

**Mr. B's Taekwondo**

**Dance with Studio 109**

**& others!**