



The Arena Club Wellness Fair

Tuesday, May 20, 2014

9am - 1pm • The Arena Club

- FREE Screenings and Assessments
- Balance Screenings
- Sleep Disorder Screenings
- Blood Pressure Checks
- Body Composition Assessments
- Wellness for Seniors
- Women's Health
- Nutrition and Metabolism
- Flexibility and Core
- Childhood Wellness
- Visual Fitness Planner
- Locally Grown Produce

PARTICIPATING VENDORS

Chesapeake Skin Solutions
Agape Physical Therapy
Thin & Healthy's Total Solution
Susquehanna Spine
& Rehabilitation
Pathways to Whole Living
Costco
Jenskin Studios
Liberty Mutual
Advanced Eye Care
Freedom Federal

Union Dental Center
Jordan Thomas Salon & Spa
Harman's Farm
SARC
Upper Chesapeake Health
Healthy Harford
McShane's
Arena Club Pro Shop
Christman Family Chiropractic
Harford County Health Department
Care Coordinator

**DOOR
PRIZES!**

**This event is FREE
and open to the public.**



**Join us and
bring a friend!**

SCHEDULED EVENTS

Reformer -----9-10am
Aerial Yoga -----9-10am
Senior Wellness-----9-11am
Agape Balance
Screening -----9-11:30am
Functional Exercise ----- 9am-1pm
Visual Fitness Planning ----- 9am-1pm
Agape Pain Assessments
& Screenings ----- 9am-1pm
Achilles, Rotator Cuff, Foot, Back, Neck
Functional Movement
Screening ----- 10-11am
SPI (Sports Performance Institute) -- 10am-1pm
Aerial Yoga ----- 11am-12pm
Foam Roll ----- 11am-1pm
Core & Flexibility ----- 11am-1pm
Nutrition -----11:30am-1pm
TRX ----- 12-1pm
Upper Chesapeake Health --- 9am-1pm
Sleep Disorder Screenings
Joint Center - Injury Prevention
Cancer Awareness & Prevention
Rehab Center

Locally Grown Produce For Sale By

Harman's Farm
9am-1pm

"How Sweet It Is" Game For Kids

Healthy Harford
9am-1pm

FREE Refreshments Provided By

McShane's
9am-1pm

**Special appearances by
Ferrous and Ripcord,
the Ironbird mascots!**