



WELLNESS WEDNESDAYS

MARCH

◆ Every Wednesday 2PM - 3PM ◆



3/5 AVIAN FLU WORKSHOP
Presentation by Olga, Community Health Worker
• HALO Dental Unit 9:30AM-3:30PM
• FREE Vaccine Clinic 2PM-6PM

**3/12 AROMATHERAPY:
HEALING SCENTS**
Presentation by Samuel Merritt Nursing
Students



3/19 BRIGHTER SMILE WORKSHOP
Presentation by Shakila, Community Health
Worker
• FREE Dental Gift Bag

**3/26 FRESH EATS: FRUITS &
VEGGIES WORKSHOP**
Presentation by Olga & Shakila,
Community Health Workers



UPCOMING EVENTS

**SUNDAY 3/9: FREE PET VACCINE CLINIC
8AM-12PM**

La Familia Maple Neighborhood Center
3301 37th Ave. Sac, CA 95824

For More Information
Call The Wellness Team:
916-990-1311

