

# Spring into Health Community Day

## *Physical and Financial Fitness*



**Penn Medicine**



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**\*April 30, 2011**  
**12-4 pm at Saunders**  
**Park\***

Across from the  
Emergency Department  
at  
Penn Presbyterian  
Medical Center  
W. Philadelphia  
(38-39<sup>th</sup> and Powelton  
Ave, near Lancaster  
Ave.)

**\*Rain Date TBA\***

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ESF in partnership with SCI-West, the Partnership CDC, Primerica, and Penn Medicine and other community organizations will host this event, which will include:

- **FREE** Medical and Dental
- **FREE** Financial Wellness Workshops hosted by the Partnership CDC and Primerica
- Information on Heart Disease, Infection Control, Nutrition, Physical Fitness, Stress Relief, Smoking Cessation, Diabetes, Mental Health, Medication Consultations, and more
- CPR and First Aid education
- Social and Referral Services
- **FREE** 1<sup>st</sup> Aid Kits for the first **150** guests
- **FREE** HIV Testing for all ages
- **FREE** giveaway goodie-bags, healthy food, face painting, & cultural performances
- **The event is FREE for children, adults and seniors.**

For more information regarding the event, please contact the ESF Volunteer Coordinator at 215-850-4743, [Info@ExplorersSF.org](mailto:Info@ExplorersSF.org) or visit [www.ExplorersSF.org](http://www.ExplorersSF.org)

