

MEN'S WELLNESS AND EMPOWERMENT DAY

*Focusing on a Better You,
Promoting Better Health
and a Better Lifestyle*

CALLING ALL MEN AND LOVE ONES

Free Health Screenings and Wellness Talks

- Prostate Cancer Screening
- Blood Pressure Reading
- Cholesterol Testing
- Uric Acid Testing
- Exercise Session
- Cardiac Screenings
- Free Nutritious Lunch
- Prizes and Give-aways
- Wellness Talks:**
 - Family & Society Relationships
 - Mentoring Power
 - Economic Inheritance
 - Mental Health
 - Prostate Care
 - Nutrition Alert
 - Inspirational Insight



SEPT. 15, 2018
11am - 2pm

at the
African American Museum
110 North Franklin Street
Hempstead, NY

**Vendor Opportunities
Available.**

**Call (646) 243-7771
or (516) 557-5557**

BETTER*Mag*
Spiritual Living For Better Health



**QUEST
NUTRITION
NETWORK**

