



PREVENTION & AFTERCARE SERVICES (PAS)

5K Family Walk/Run Health & Wellness Fair!

Come make Family Wellness Memories Memorial weekend!

Walk, run or skip the 5K with us at Pomona High School Yes we can do it and all ages are welcome!

## Free Health & Wellness Mobile services for:

Medical enrollment! HIV testing! Blood pressure & BMI check! Health education/counseling!

Breast self-examination! Dental and Eye care! Bone marrow/CPR education!

Self-Defense! Fire safety! Healthy food education! Kids activities & more!

SATURDAY, May 25, 2019 from 8:00 am to 1:00 pm Pomona High School 475 Bangor St., Pomona, CA 91767

Register for your free T-Shirt at: <a href="http://2019prototypes5k.eventbrite.com">http://2019prototypes5k.eventbrite.com</a>

First 100 to register by Friday, May 10th will receive a free t-shirt!

T-shirts will be available while supplies lasts.

Contact person Dara Griffin: dgriffin@prototypes.org

Refreshments and healthy snacks will be provided!





