



2025 ✨

✨ HEALTH & WELLNESS FAIR

FREE

SATURDAY, FEBRUARY 1
8:30AM-12:30PM

FREE

Join us as we learn skills to improve our overall health and well-being at this year's FMC Health Fair! We have a great day of speakers and vendors planned, including Pastor Jessica Campbell as our Plenary Speaker. Special activities also available for kids and youth! Bring the whole family!

Session Topics Include:

- Plenary: Spiritual Health and Why It Matters
- Release and Relax Yoga Class
- Spiritual & Mental Health Strategies
- Managing the Finances of a Growing Family
- Discover the Power of Christian Meditation
- Early Intervention for Infants & Young Children
- Strive PT - Golf Mobility and Stability Tips
- Indigenous Culture weaves Healthy Communities
- Eating for Optimal Health
- Understanding Medical Insurance

Free Vaccines & Health Screenings (see website for details)

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*Vendors include: Christian Meditation Center, Mind Cafe, NAMI, Strive Physical Therapy & Sports Rehab, Gentle Spirit Birth Services, Jefferson Health NJ & Jefferson Health General Surgery, Cypress Financial Planning, LLC., Center For Family Services,*

*Friends of Burlington County Animal Shelter*

**Questions? Contact Mary at  
[mkeppel005@msn.com](mailto:mkeppel005@msn.com)**

**Register  
Now**

**[WWW.FMCMOORESTOWN.COM/HEALTHFAIR](http://WWW.FMCMOORESTOWN.COM/HEALTHFAIR)**

*Advanced registration is appreciated - Walk-ins also welcome!*