

WELLNESS FAIR

COMMUNITY WELLNESS MINI-FAIR
THURSDAY 11/16
3:30 - 5:30
IN THE CO-OP CAFE
LITTLETON FOOD CO-OP

ROOTED BY
STACY
YOGA-SHAMANISM
PERMACULTURE
SOCIAL ECOLOGY

**EVERGREEN
SPORTS CENTER**

FITNESS
AQUATICS
TENNIS
GYMNASTICS

**NORTH COUNTRY
HEALTH CONSORTIUM**
HEALTHY EATING
+ HEALTHY LIVING

EXHALE STUDIO
REIKI
MASSAGE
PILATES
REFLEXOLOGY