



= Abundant Health

Community Wellness Event & Expo

Saturday, September 23rd

10 a.m. - 1 p.m.

Mountainside United Methodist

301 El Cano Drive

Over 20 Wellness Vendors

- Massage
- Acupuncture/
cupping
- Aromatherapy
- Nutrition
- NIA
- Yoga
- Meditation
- CBD
- Fitness
- PT
- Himalayan Salt
Therapy
- And many more

Free chair massage

Healthy snacks

Demonstrations

iTOVi Scanner

Door Prizes

Guest Speakers

Pati Trippel

Interfaith Minister

11:00 a.m.

Topic-

Mind, Body connection
Spiritual Direction in the
Christian contemplative
tradition

Malinda Zarate

Wellness & Life Coach

12:00 p.m.

Topic-

Healthy benefits of Meditation