

BE SMART  **DON'T START**



The Boys & Girl's Club of Meriden's
1st Annual Health Fair

Tuesday, January 27, from 5:30 PM to 7:00 PM | 15 Lincoln Street Meriden, CT
Free community event ★ Open to all ages ★ Food and prizes included

What's YOUR New Years Resolution?

Start off the new year by making healthy habits,
and having fun with family & friends!

Win a free 3 month membership to Planet Fitness or The Edge, Meriden locations!



Live performance and entertainment provided by from Top Notch—Beat the Street's Fastest Growing Program!

VENDORS include:

Midstate Medical Center | Meriden Public Library | Community Health Center | Women and Families Center | Meriden Family Dental | South Central Substance Abuse Council | Planet Fitness | Total Nutrition...and more!

ENTER TO WIN A GRAND PRIZE AFTER VISITING EVERY VENDOR!

BE SMART, DON'T START provides the community with the knowledge, skills, self-esteem and peer support to make responsible, healthy choices.



Objectives of the fair include:

- ✓ Increase health awareness with a focus on anti-smoking
- ✓ Encourage participants to foster positive health changes

Questions? Contact us at: (203) 235-8185 | info@bgcmeriden.org
Or visit our website at www.bgcmeriden.org