



STONEHAM CHAMBER OF COMMERCE

health & wellness expo | 5K 2019

SATURDAY, APRIL 6TH • 10 AM - 1 PM
STONEHAM TOWN HALL

move a little more | eat a little better | stress a little less

Join us for the 9th Annual Health & Wellness Expo! This event is free, open to the public and includes local health and wellness experts, screenings, demonstrations, samples, raffles, prizes, giveaways and more.

For more information, visit stonehamchamber.org/hwe19.

5K ROAD RACE & KIDS FUN RUN

500 Meter Run for the Kids at 9AM | 5K Run/ Walk at 9:30AM



All ages and abilities welcome and encouraged. For details or to register visit racemenu/HWE5Krun. Use "EARLYBIRD" coupon code prior to March 27th and receive \$10 off each entry.



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