



UMD Health Services
Medical • Counseling • Education



S SAINT LOUIS COUNTY
MINNESOTA

NORTHLAND COMMUNITY WELLNESS DAY 2018

Saturday, April 14th, 2018 • 10:00 a.m. - 2:00 p.m.

Essentia Health Duluth Heritage Center • FREE Admission & Parking

Northland Community Wellness Day is an annual event providing education and resources that promote healthy families and communities. **Learn more: northlandcwd.org**

OVER 80 EXHIBITS FEATURING:

- Health & Wellness
- Financial Literacy
- Public Safety
- Sustainability

NEW LOCATION!

Essentia Health
Duluth Heritage
Center

FREE FAMILY FUN & FITNESS ACTIVITIES!

- Boys & Girls Club onsite tours
- Face Painting & Crafts
- UMD Bulldog Athletes & Champ
- Dan The Monkeyman Kids Show
- Bounce House

FREE Demonstrations & Workshops

- 10:30 - 11:00 *Managing Pests in the Yard and Garden – Master Gardeners*
- 11:15 - 11:45 *Dementia Friendly in the Community – Peter Hafften, Age Well Arrowhead*
- 12:00 - 12:30 *Working Together to Create a Healthier Duluth – Mayor Emily Larson*
- 1:30 - 2:00 *K9 Demonstration – Duluth Police Department*

This event made possible by our proud community sponsors:

