

Parking located in back of school, as well as church parking lot

## **FREE:** Blood Pressure Monitoring by Fox Valley Technical College

Come join us at the event and learn new approaches to conquer your current health concerns, enhance your physical fitness and nutrition, and see what wonderful opportunities our community has to offer all ages and all fitness levels, as there is always time for change.

See Orthopedic & Spine Therapy website for more details: ostpt.com

Monetary donations accepted for St. Joseph's Food Program and Orthopedic & Spine Therapy will match the collections!