



2025 ✨

# HEALTH FAIR

SATURDAY, FEBRUARY 1  
8:30AM-12:30PM

FREE

FREE

Join us as we learn skills to improve our overall health and well-being at this year's FMC Health Fair! We have a great day of speakers and vendors planned, including Pastor Jessica Campbell as our Plenary Speaker. Special activities also available for kids and youth! Bring the whole family!

### Sessions Include:

- Plenary: Spiritual Health and Why It Matters
- Release and Relax Yoga Class
- Spiritual & Mental Health Strategies
- Managing the Finances of a Growing Family
- Discover the Power of Christian Meditation
- Early Intervention for Infants & Young Children
- Strive PT - Golf Mobility and Stability Tips
- Indigenous Culture weaves Healthy Communities
- Eating for Optimal Health
- Understanding Medical Insurance

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*Vendors include: Christian Meditation Center, Mind Cafe, NAMI, Strive Physical Therapy & Sports Rehab, Gentle Spirit Birth Services, Jefferson Health NJ, Cypress Financial Planning, LLC., Center For Family Services, Friends of Burlington County Animal Shelter*

**Questions? Contact Mary at**  
[mkeppel005@msn.com](mailto:mkeppel005@msn.com)

*Register  
Now*

[WWW.FMCMOORESTOWN.COM/HEALTHFAIR](http://WWW.FMCMOORESTOWN.COM/HEALTHFAIR)

*Advanced registration is appreciated - Walk-ins also welcome!*

# Paper Registration Form

Please leave form in the basket in the narthex

Your Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

# of Adult Attendees: \_\_\_\_\_ # of Child/Youth Attendees: \_\_\_\_\_

***\*If Adults will be attending DIFFERENT sessions, please register separately.***

Names of Attendees (in addition to yourself): \_\_\_\_\_

\_\_\_\_\_

Names & Ages of Child/Youth Attendees: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Choose (1) per Session:**

### **Session 1:**

- Release and Relax Yoga Class
- Spiritual Health Strategies
- Managing the Finances of a Growing Family
- Discover the Power of Christian Meditation
- Strive PT - Golf Mobility and Stability Tips
- Indigenous Culture Weaves Healthy Communities
- Eating for Optimal Health

### **Session 2:**

- Release and Relax Yoga Class
- Spiritual Health Strategies
- Mental Health Strategies
- Managing the Finances of a Growing Family
- Early Intervention for Infants & Young Children
- Strive PT - Golf Mobility and Stability Tips
- Indigenous Culture Weaves Healthy Communities
- Eating for Optimal Health
- Understanding Medical Insurance

### **Session 3:**

- Spiritual Health Strategies
- Mental Health Strategies
- Discover the Power of Christian Meditation
- Strive PT - Golf Mobility and Stability Tips
- Indigenous Culture weaves Healthy Communities
- Understanding Medical Insurance