

On August 8,
join us at the Market for

Health & Fitness Day



Event Sponsor



Sponsored by

POWER OF Produce CLUB*
(*FREE fruits & veggies for kids!!)



Featuring:

- **Healthy Cooking Teacher & Cookbook Author Valerie Wilson** with cooking demos, samples and nutritious organic, vegan goodies for sale.
- **4-5 pm Yoga with Anna** mindful movement and breathing techniques for all levels. Donation based; bring a mat and water.
- **Michigan Chiropractic Specialists: Learn about Natural Health Care. Free chair massages!**
- **MSU Extension with Nutrition Education**
- **Advice from a professional Fitness Trainer from The Edge Fitness Clubs**
- **Nutritional guidance and free samples from XN Supplements!**

SHOP LOCAL ~ EAT HEALTHY!!

Visit over 30 vendors with fresh produce, baked goods, freshly baked breads, homemade jams & jellies, farm fresh eggs, Michigan raw honey, freshly squeezed lemonade, natural soaps & personal care products, soy candles, jewelry, and much more.



Market Bounty Raffle - Win a basket full of market products donated by our vendors!

5 pm drawing. Must be present to win; 18 or older to enter.

Thursday, August 8, 2019

3 pm - 7 pm Westland Farmers & Artisans Market,
1901 N. Carlson in Central City Park

FREE
Market Tote Bag
courtesy of
North Bros. Ford
while supplies last!

Westland Farmers & Artisans Market is made possible by Westland DDA & City of Westland