

# Health & Fitness Day August 8 3-7 pm



Event Sponsor



**Over 35 Vendors!**

- **Fresh Produce** • **Baked Goods** • **Local Honey** • **Eggs**
- **Jams & Jellies** • **Candles** • **Arts & Crafts** • **Soaps & more!**

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

Sponsored by



## **FEATURING:**

- Healthy Cooking Teacher & Author Valerie Wilson Demo & samples. Organic & vegan goodies for sale!
- 4-5 pm Yoga Class with Anna; bring a mat & water
- Natural Health Care • Nutrition Info by MSU Extension
- Professional Fitness Trainers from Edge Fitness Clubs
- FREE supplement samples from XN Supplements
- Market Bounty Raffle @5pm • FREE Book Giveaway



Westland Farmers & Artisans Market, 1901 N. Carlson in Central City Park