



Plymouth's Fourth Annual Health and Wellness Fair

**Join us on Saturday, Sept. 30, 10 a.m. - 1 p.m.
at the Plymouth Public Library, 132 South St,
for a FREE family-friendly fall fest!**

Activities include:

- **Mobile Farmer's Market & cooking demonstration**
- **Fun activities for kids**
- **Health education & risk assessment**
- **Social Service & Health Resources**
- **IDs for seniors & Fingerprinting for kids**
- **Food, music and more!**

For more information, contact Karen at kpeterston@bidplymouth.org

