



FRES PTA PRESENTS:  
**HEALTH AND  
 WELLNESS FAIR 2023**

**Friday, January 27 @ 6:30pm**

**FRES Cafeteria and Media Center**

**BRING THE  
 FAMILY TO  
 ENJOY FREE  
 FOOD, RECIPE  
 IDEAS, AND  
 GRAB AND GO  
 SNACKS!!**

**DROP THE KIDS OFF  
 IN THE MEDIA  
 CENTER FOR A  
 MOVIE AND FUN!**

Participating Organizations will be providing the below and so much more!

- **Howard County Savage Library**
- **Dr. Karlissa Wise** - Family Therapist
- **Sprinboard Community Services**
- **Tocar Spa** – Sign up for a free 10 minute massage (limited spots available)
- **LS Tucker Enterprises** – hear about the benefits of yoga and participate in a demonstration of chair yoga!
- **Howard County Board of Health** – COVID vaccines, information on how to access insurance, and more
- **Howard County General Hospital** – blood pressure screenings, diabetes screenings AND free Blood Pressure Machines for those who qualify while supplies last!
- **PFLAG**
- **Child Mind Institute AND MANY MORE!!**
- Enter a raffle for a chance at a 45 minute massage from Tocar Spa! Stay until the end for the drawing.

We need volunteers to help setup this event and hope you will be able to help! Lookout for a signup through PTBoard in the Forerunner. If you have any questions, please contact [PratimaLele@gmail.com](mailto:PratimaLele@gmail.com).