

2019 WELLNESS FEST

A WORLD OF WELLNESS

Wednesday, January 16, 2019
9:00am-1:00pm

- 50+ Vendors
- Courtesy Shuttle from Library & Park
- Dementia Live Experience
- Energy Healing
- Health Screenings
- Lunch*
- Master Gardener Tours
- Raffle Entry

Sponsors



With Additional
Support from:
Regal Medical Group,
Lakeside Community
Healthcare & AGA
Medicare Options

*Interactive Courses

- Ageless Grace (Brain & Body Fitness)
- Healthy Cooking
- Meditation
- Sidewalk CPR
- Tai Chi
- Yoga

*Limited tickets available day of event.

*Advance tickets are for lunch only and are not required to attend event; limited tickets available at Goebel Center front desk beginning January 2, 2019.

Event proceeds benefit CSVP operations.



Goebel Adult Community Center
1385 E. Janss Road, Thousand Oaks, CA 91362
For more information call: (805) 381-2742
or visit www.crpdp.org/csvp

