



The Saint Vincent Mobile Unit is coming!

**Health is a state of body.
Wellness is a state of being.**

Sample a Healthy Recipe Free Giveaways

BMI Testing Nutrition & Fitness Coaching

Come and join us!

Date: Thursday, April 18th 2019

Time: 9:00 am to 3:00 pm

Location: Allegheny College between Murray & the Campus Center

