



BURLINGTON COMMUNITY HEALTH FAIR



Neil Pandit



**Saturday, May 20th
10:00AM - 1:00PM
Burlington High School Gym
123 Cambridge Street**

FREE SERVICES

- ADMISSION & RAFFLES
- EXERCISE DEMONSTRATIONS
- POSTURE & BALANCE SCREENINGS
- VASCULAR ULTRASOUND SCREENINGS
- FITNESS & NUTRITION
- EXERCISE CLASSES
- INJURY PREVENTION
- EYE EXAMS
- AND MUCH MORE...

DEMONSTRATIONS

- | | |
|---------------------|----------------------------|
| 10 - 10:20 AM | QiGong Breathing & Tai Chi |
| 10:30 - 11 AM | Classic Barre |
| 11 AM - 11:20 AM | Boxing |
| 11:30 AM - 12:30 PM | Barbell Training |

COMPLIMENTARY CLASSES

- | | |
|------------------|------------------|
| 10:15 - 11:15 AM | Yoga Barre Blend |
| 12:30 - 1 PM | Zumba |



Presented by:
Burlington Board of Health
Sponsored by:
Beth Israel Lahey Health



Public Health
Prevent. Promote. Protect.