

**NSS BETH EL MEN'S CLUB PRESENTS**



**First Annual North Shore Health & Wellness Fair**  
**Sunday December 15th 10 AM-2PM**

**Men's and Women's Health Issues will be addressed**  
**Over 25 Health and Wellness Service Providers Exhibiting**  
**Learn about Better Health, Nutrition, and Fitness**  
**Special Guest and MC from Radio MD, Melanie Cole**  
**LifeSource Blood Drive - Give Back**  
**Flu Shots Available at a nominal cost**  
**Eat a healthy lunch**



**NORTH SHORE**  
**JEWISH LIFE SERVICES**

**Premium sponsors include:**



**RECREATION CENTER**  
*of* **HIGHLAND PARK**  
a facility of the Park District of Highland Park



**Homewatch**  
**CareGivers®**

**Sponsors:**

**The Grove of Northbrook** ■ **Illinois Bone and Joint**  
**Align Wellness Center** ■ **Therapeutic Kneads**

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