



# Self-Care Health Fair

## It's Time to Take Care of You!

Saturday, April 29, 2023

9:00 a.m.-1:00 p.m.

Carson Event Center  
801 E. Carson St., Carson, CA 90745

Free health screenings and educational resources.

Continental breakfast included.

Pre-registration is required via ActiveNet.

### PRESENTATIONS INCLUDE:

Preventative Care, Mental Health, and Cognitive Health.

### RESOURCES INCLUDE:

Mobile Vaccines, Health and Wellness, Nutrition, and Health Screenings.

### SCAN TO REGISTER:



Need help registering?  
Please call (310) 835-0212 ext. 1471.

