

**SAT. MARCH 20TH - 10AM TO 2PM**  
**Lansdale Center for the Performing Arts**

# **MIND YOUR BODY ON MAIN STREET**

**A FAMILY HEALTH & FITNESS EVENT**

**FEATURING**

**FOOD DONATION AND PACK RUN TO MANNA ON MAIN STREET - 9:00AM**

**CHAIR MESSAGES BY SURREY HELPING HANDS**

**COOKING DEMOS BY ALL ABOUT CATERING**

**FAMILY FITNESS INSTRUCTION FROM:**

**DR. DRILL INSTRUCTOR PROGRAM**

**ZUMBA & TOTAL BODY COMBAT**

**WHOLE BODY YOGA**

**TAE-BO**

**SPORTS BRA FITTINGS BY FLEET FEET - NORTH WALES**

**“ASK THE EXPERTS” FROM ABINGTON LANSDALE HOSPITAL**

**LANSDALE VNA - BLOOD PRESSURE SCREENINGS**

**HOME SAFETY BY CHILDRENS HOSPITAL OF PHILA.**

**FIRE TRUCK DEMONSTRATIONS**

**SPCA - ADOPT A DOG**

**AND MUCH, MUCH MORE.....**

**TICKETS \$20/family - 215-855-6154 - [www.drdrillinstructor.com](http://www.drdrillinstructor.com)**

***Proceeds to benefit the LCPA and the Dr. Drill Scholarship Program***



610 584 6212

