



FEATURING

Diabetes screenings
Blood pressure checks
Yoga
Double Dutch
Cooking class
Chess workshop
Nutritional herbology
Essential oils class
Bike repair pop-up
Face painting
Children's activities
Live music
Free food
Community resources
Raffles and giveaways
...and much more!

FRANCIS A. GREGORY LIBRARY

HEALTH AND WELLNESS DAY

SEPTEMBER 21, 2019
11 AM-4 PM

A day of free health services and activities for the
whole family

FRANCIS A. GREGORY LIBRARY
3660 ALABAMA AVE. SE | WASHINGTON, DC 20020
202-698-6373 | DCLIBRARY.ORG/FRANCIS