



# Join us for a free Community Picnic

FirstLight Health System - Mora

· 11:30 am - 1:00 pm ·

Wednesday, May 14th

301 Highway 65 South, Mora

**to learn more about  
making healthy choices**

## Event Activities:

Yoga

Yard Games

WellnessFirst Information

Massage Station

Dine with a Dietitian

There will be prizes,  
give-aways, music  
and fun!

  
**FirstLight**  
HEALTH SYSTEM