

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