

AKA HEALTHY F.I.T.T. FAIR

FITNESS

INVOLVING

TEENS &

TWEENS

May 15th 2010

10 a.m.-2 p.m.

The SEED School

200 Font Hill Ave.

Baltimore, Maryland 21223

Epsilon Omega, Iota Lambda Omega,

Rho Xi Omega, & Upsilon Epsilon Omega present

- Local physicians/dentists to speak about physical and dental health benefits.
- Presentations/discussions on asthma, juvenile diabetes, teenagers and smoking, peer pressure, and emotional wellness.
- Physical education/fitness instructors demonstrating and facilitating fun physical activities.
- Local health and wellness organizations providing materials on health and fitness.
- Nutrition expert to talk about healthy eating and demonstrations and food samplings.
- Personal appearances, giveaways by The Baltimore Ravens and Orioles
- Games, prizes and giveaways, as well as a local DJ for entertainment.



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This event is free & open to the public!

