

We Are Healthier Together

HWRSD WELLNESS FAIR



WHEN

**Saturday, October 5
10am – 1:00pm**

WHERE

**Miles River Middle
School**

787 Bay Road, South Hamilton, MA 01982

The Hamilton-Wenham Regional School District has collaborated with Wellness professionals to provide you a fun, engaging, and educational experience. Come join us for a fun-filled day promoting a healthy community with activities for all ages. Hosted by the HWRSD Wellness Advisory Committee.

RAFFLE FUNDRAISER

ACORD FOOD DONATIONS ACCEPTED

EXHIBITORS

- Abundance Chiropractic
- Acord Food Pantry
- BoSoma School of Dance
- Cape Ann Botanicals
- Curves Topsfield
- Hamilton Police Dept.
- Inner Source Chiropractic
- Kid's Test Kitchen
- Kristen Morrell Holistic Nutrition & Counseling
- LaPlante Healing Arts
- MAHPERD
- National Guard
- North Shore Myofascial Release
- North Shore YMCA
- Pigeon Cove Ferments
- Rubi Wellness
- Samaritans, Inc.
- Stephanie Goodman Wellness
- The Artful Life Counseling Center
- Tidal Medicine
- Yoga Sakti

ACTIVITIES

- Spinning
- Yoga
- Cooking
- Dance
- Boot Camp
- Kids Activities

SPEAKER SERIES

- Suicide Prevention
- Vaping Prevention
- Whole Child Education

SCHEDULE OF EVENTS



Scan the QR code with your camera phone to view the schedule of events.