

MILL VALLEY RECREATION

HEALTH & WELLNESS FAIR



WHEN

Sat. Jan 11th
9am - 1pm

WHERE

MILL VALLEY
COMMUNITY CENTER
180 Camino Alto, Mill Valley, CA 94941

FEATURING • **Food Sampling** • Massage • **Nutrition**
Healthy Living • Meditation • **Organic Living** • Safety
Awareness • **Sustainability Resources** • And Much More!

WWW.MILLVALLEYCENTER.ORG



**FREE
ADMITTANCE &
FUN FOR THE
WHOLE FAMILY!**

REGISTER FOR THE FUN RUN/WALK

- 3 Mile Race
- 1.5 Mile Race
- 1 Mile Race
- 1 Mile Jog/Walk
- Toddler Dash

KIDS ACTIVITIES

- Jumpee
- Face Painting
- Nail Salon
- MV Fire Truck Tour
- MV Police Patrol Car
- Song & Dance
- And MUCH MORE!

INTERESTED IN BEING A VENDOR OR DONATING?

Email Kat at

kreisinger@cityofmillvalley.org
or call 415-383-1370

