

# Mind, Body and Spirit

## HEALTH FAIR

HARVESTING WELLNESS  
WITHIN OUR COMMUNITY

**Saturday, October 19, 2024**

11:00am - 3:00pm

**Metropolitan College of New York**

60 West Street

New York, NY

**Register to Manhattan event:**

<https://MCNYHealthFairManhattan.eventbrite.com>



**Saturday, October 26, 2024**

11:00am - 3:00pm

**Metropolitan College of New York**

463 East 149 Street

Bronx, NY, 10455

**Register to Bronx event:**

<https://MCNYBronxHealthFair.eventbrite.com>



***Chronic Disease Awareness***

**Know Your Numbers!**

**Join us for:**

- Free Health Screenings
- Health Information Workshops
- Community Resources

**Participating Organizations:**