

Mount Airy Baptist Church

Heroes Health Fair

Panelists-
from
Pain to
HOPE



FREE
Health
&
Wellness
FAIR

Tai Chi

May 18, 2019 - 8:30am-1:00pm

Screenings

Event Schedule

- 8:30am-Mission Muffins and Registration
- 8:45am-Devotions, Welcome and Purpose
- 9:00am-Tai Chi
- 10:00am-Coping
- 10:10 am-Learning Moment:
From Pain to Hope
- 11:30am- Cooking Class Presentation by
Chef Holden



Cooking Class

(Healthy Comfort Food)

Mind body connection and cooking class

By

Chef Herbert Holden

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Dr. L.B. West, Senior Pastor