



March 16, 2024

9:00 AM- 12:00PM

Chicago Urban League
4510 South Michigan St.
Chicago, IL 60653



Black Family Wellness Expo

TOTAL WELLNESS: MIND, BODY AND SPIRIT

Children, teens and adults will have the opportunity to receive FREE:

- Health screenings
- Vaccinations
- Healthy eating tips
- Mental health information
- Fitness activities
- Linkage to community resources and services



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