

Health Awareness Day Agenda

Date: September 15, 2023

Location: Community Health Center

Agenda

- **9:00 AM - 9:30 AM:** Registration
- **9:30 AM - 10:00 AM:** Opening Remarks
- **10:00 AM - 11:00 AM:** Keynote Speaker: Dr. Jane Smith - "The Importance of Preventive Care"
- **11:00 AM - 12:00 PM:** Workshop: Healthy Eating on a Budget
- **12:00 PM - 1:00 PM:** Lunch Break
- **1:00 PM - 2:00 PM:** Panel Discussion: Mental Health Awareness
- **2:00 PM - 3:00 PM:** Fitness Class: Tai Chi for Beginners
- **3:00 PM - 4:00 PM:** Closing Remarks and Q&A

We look forward to seeing you there!