



**PITTSBURGH MERCY FAMILY  
HEALTH CENTER**

# Health and Wellness Fair



**Date: Friday, June 21st**

**Time: 10:30am-3:00pm**

**HEALTH CENTER PARKING LOT  
249 S. 9TH ST.  
PITTSBURGH, PA 15203**

- Bike Tours
- Chair Yoga Sessions
- Blood Pressure Screenings
- Nutrition Education
- Cooking Demos
- Arts and Crafts



**Plus Much More!**