



HERITAGE OF HAWK RIDGE

# Health & Wellness

**FAIR**

SATURDAY, JUNE 2

11-2PM

FREE – OPEN TO RESIDENTS AND YOUR GUESTS

Learn about area resources! Win Prizes!!

No registration necessary.



Mended Hearts™

SENIOR  
**Helpers**

*The* **Medicine  
Shoppe®**



THE BECK ELDER-LAW FIRM  
*Elder-Law and Estate Planning*

Putting the Pieces Together  
PROVIDING PEACE OF MIND

**ADIO**  
Family Chiropractic

**SOUNDHEALTH**  
SERVICES



ENACT  
WELLNESS  
SOLUTIONS

*Cottages*  
*of*  
LAKE ST LOUIS  
A Skilled Care Community



**EAT FIT GO**  
HEALTHY FOODS

... and more!