



# Wellness for You

## Health and Wellness

Health is wealth! Affinia Healthcare is proud to collaborate with Southside Wellness Center and Beloved United Methodist Church for the Health and Wellness Event. This is an opportunity to join in to receive vital health resources, support and be with others in the community! There will also be healthy cooking demonstrations.

- FREE bag of groceries  
*(one per household)*
- Receive a \$25 or \$50 gift card  
*(while supplies last)*
- Healthy cooking demonstrations
- COVID-19 vaccines
- Influenza vaccines
- Health screenings
- and more!

**Saturday, October 18**  
**10 a.m. - 1 p.m.**

**Southside Wellness Center**

3017 Park Avenue  
St. Louis, MO 63104

**For more information or to arrange transportation, please call**  
Southside Wellness Center Executive Director Ollie Stewart at 314-664-5024

**To schedule an appointment**  
Call 314-814-8700