

# Join Us for

# CN Guidance's Wellness Fair!

**Wednesday, September 27th**

**10am – 4pm**

CN Guidance and Counseling Services

Lennox Conference Room

950 S. Oyster Bay Road

Hicksville, NY 11801

**Learn everything  
there is to know about  
wellness including:**

- Nutrition and Healthy Eating
- Proper Hygiene and Self Care
- Smoking Cessation and Tips to Quit
- Fitness and Exercise
- Safe Sex

Attendees will also have the opportunity  
to have their vitals checked!

**FREE  
Giveaways!**

**Wellness  
Bingo!**

**WIN  
PRIZES!**