

FAMILY HEALTH FUN DAY 2019

Organized by AKCMC
16 November 2019, Saturday
8:00am to 12:00pm • Al Waha Club

THEME: HEALTHY YOU



**Family Walkathon followed by
Outdoor Aerobics**

Open for all ages

8:00am onwards • Location: in front of Al Waha Club
Refreshments will be provided for participants at the Finish line

- Vital Signs / Body Monitoring Workshop
- Healthy Food Demo
- Health Information Stands
- Dental Info Table
- First Aid Demo
- CPR Demo
- Flu Vaccination Awareness

9:00 am to 12:00pm • AWC Ballroom



Bouncy Castles
9:00am to 12:00pm • AWC Sandy Area

Registration at Al Waha Club Reception
or call 4473-3666 / 35