

FREE HEALTH FAIR

September 18, 2021

10 am - 2 pm

Shabbona, IL

NICE

**Neighbors In Christ
Ecumenical**



United Neighborhood Center



walk · run · ride

Shabbona Pathway Committee

NICE Food & Clothing Center 5K Walk/Run Fundraiser—19th Year

10 a.m. Registration at Water Tower Park, Shabbona (Donate to Participate)

10:30 a.m. NICE 5K Walk Step Off from Water Tower Park on Illini Street

Registration packets available from NICE representatives OR the day of the walk!

ALL PROCEEDS FROM THE WALK GO TO BUY FOOD!

Shabbona Pathways volunteers assist with drink rest stops, courtesy cars, etc. during the walk.

United Neighborhood Center Health Fair Activities 10a.m. - 2 p.m.

*Ask a physical therapist—Wylde Physical Therapy

*Free mini massage session—Renewed Health Massage

*Free Food at Fire Station Noon - 1 p.m.

*Free COVID Vaccination — Illinois Department of Public Health

*Free Vision Screening— Illinois Lions

*Pick a Duck Win a Prize and Other Games— Girl Scout Troop 1869

*Free Blood Pressure Checks— Northwestern Medicine

*Free Blood Glucose Checks

*UNC Fly Boyz— Remote control plane and drone demonstrations 10:30-12:30

*Free Giveaways ALL DAY LONG!

Shabbona Pathways Committee Bike Safety program

1 p.m. Bike Safety Class for Ages 8-12 years old

Bring your bike and your parent(s) (or responsible adult)

Meet at Hiawatha and Navaho

Bike Safety participants enter a drawing to win a bike helmet!