



14th Annual Health, Nutrition & Fitness Fair

“Health & Fitness: Partners for Life”

Tuesday, March 27 10 a.m. to 3 p.m.

MWR Recreation Services Bldg #89, Naval Support Activity Annapolis, Maryland 21402

OPEN TO ALL DOD

Active & Retired Military, Midshipmen, Reservists,
Active & Retired DoD Civilians, USNA Faculty,
DoD Contractors, USNA Alumni Association,
NAAA and all family members are invited!
Call 410-293-9206 for more information

OUR GOAL: To increase awareness of good health, proper nutrition and fitness



FREE ADMISSION

- Blood Pressure Screenings • Vision and Hearing Screenings • Body Fat Analysis • Dental Health Information
- Massage Demos / Paraffin Dip • Chiropractic Screenings • Nutrition / Vitamin Information • Vegetarian Cooking Info
- Fitness Center Orientation • Fitness Apparel Information • Preventive Medicine • Healthy Snacks • Running Clubs
- Physical Therapy Information • Acupuncture • Derma Scan Screenings • Skin Care Information
- Bone Density Screenings • Drug / Alcohol Abuse Information • Health Insurance Information • Financial Health Info
- USMC “Pull-up” Challenge • Push Up Contest • Fitness ‘Ver Tec’ Vertical Jump Test

***** Door Prizes *****

Major Sponsor

LINCOLN MILITARY HOUSING

Every Mission Begins at Home™

GEICO

Local Office®

Presenting Sponsors



JOHNS HOPKINS

MEDICINE
US FAMILY HEALTH PLAN

(Neither the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services.)