

Fallbrook Regional HEALTH DISTRICT



PREVENT THE PREVENTABLE

FOOD IS MEDICINE · EXERCISE IS MEDICINE

Fallbrook Regional Health District is beginning plans for a Fallbrook Regional Wellness Center. If you live in our District (Bonsall, De Luz, Fallbrook and Rainbow) and have an interest in helping us to create YOUR wellness center, please join us.

WHEN: Wednesday, March 14, 2018

TIME: 5:00 p.m. – 6:00 p.m.

WHERE: FPUD – 990 E. Mission Road, Fallbrook

Please bring your ideas, enthusiasm and perhaps a friend. Together we will create a wonderful center for our residents with services and activities that serve our health & wellness needs.