



# Southern York County Regional Recreation Commission (SYCRR) Presents



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## Join us for a **FREE** Community Health & Wellness Fair!

 **New Freedom Community Center**

 **Saturday, March 14, 2026**

 **10:00 AM – 2:00 PM**



Learn with Peace of Mind  
We've Got the Kids Covered



Sample Local, Healthy  
Flavors



Mindful Movement for  
Every Body

### **What to Expect:**

- Mental & Emotional Well-being
- Fitness & Physical Wellness
- Self-care & Nutrition
- Educational resources & support
- Fun activities & door prizes

**Interested in being a vendor?** Please reach out to  
[recreation@newfreedomboro.org](mailto:recreation@newfreedomboro.org)