



# Southern York County Regional Recreation Commission (SYCRRCC) Presents



## 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)