



Family Wellness Night

Thursday 11/9, 5-7:00 pm

- ✓ **FREE Family Event**
- ✓ **Learn more about Health**
- ✓ **Food & Fun**
- ✓ **Door Prizes & Give-a-ways**

**Lamar Christian Church Fellowship Hall
811 S. Main Street, Lamar**

**Sponsored by: CDS Lamar Head Start,
The Cornerstone Resource Center,
Prowers County Youth Council
& Circle of Parents**