

HELD AT



THAYER COUNTY HEALTH SERVICES
**KORFF FITNESS
& WELLNESS CENTER**

TRAUMA & WELLNESS SYMPOSIUM

MARCH 18TH | 10AM-2PM

INFORMATIONAL BOOTHS & FOOD for purchase will be available for the entire duration of the event!

ACTIVITIES/SPEAKERS

9:30am-2:30pm **BLOOD MOBILE**

10am **START**

10:15-10:45am **YOGA**

11-11:30am **CHEMICAL SAFETY**

11:30-12pm **HEART RATE & EXERCISE**

12-12:30pm **TRAUMA**

12:30-1pm **PHYSICAL THERAPY**

1-1:30pm **AED**

1:30-2pm **YOGA**

**FREE
GIVE-AWAYS!**

&

**BLOOD MOBILE!
ALL DONORS WILL
BE ELIGIBLE FOR A
FREE T-SHIRT!**



QUESTIONS? Call us at 402-768-4676!