

# LADIES WELLNESS AND EMPOWERMENT DAY

*Creating a Better You,  
Promoting Better Health,  
and a  
Better Lifestyle*

**Saturday, May 5, 2018 | 11am to 2pm**

at

**African American Musuem  
110 North Franklin Street  
Hempstead, NY**

**FREE  
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MAKE OVERS**

## **BRING YOUR FAMILY FOR FREE HEALTH SCREENINGS**

- Blood Pressure Reading
- Cholesterol Testing
- Uric Acid Testing
- Exercise Session
- Dental Health Screening
- Cardiac Screenings
- Free Nutritious Lunch
- Prizes and Give-aways
- Flu Shots to the First 50 People
- Economic Health Seminar
- Massages
- Healthy Juice Bar

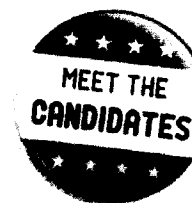
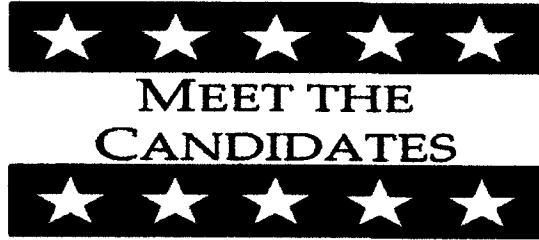
**Vendor opportunities available. Call: (516) 445-7505 or (646) 243-7771**

**BETTER**Mag

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*Join us for Meet the Candidates Nigh sponsored by the*

## **Uniondale Council of PTA**

**Friday, May 4, 2018  
at 7:00pm in the**

### **Uniondale High School Little Theatre**

**933 Goodrich St  
Uniondale, NY 11553**

**This event is open to the public**

**Candidates for Board of Education have been invited to share their  
views on educational policies**

**Please come out to hear the Board of Education Candidates**

**Emerson Mott (Incumbent)**

**James M. Sharpe, III (Incumbent)**

**Justin Brown (Challenger)**

**Charmise P. Desire (Challenger)**

*WHS*

