

SATURDAY, FEBRUARY 25, 2012

10 A.M. – 3 P.M. • Free event • Open to the public



HEALTHY
LIFESTYLE
FESTIVAL
— at —
HARMONY

A healthy dose of fun.
And a lifetime of better living.

Presented by:



FLORIDA HOSPITAL
Kissimmee

The skill to heal. The spirit to care.

Help us kick off our inaugural Healthy Lifestyle Festival at Harmony by joining us in the Town Square for:

- A morning 5k
- Exercise & fitness demos
- Healthy living workshop
- "Green" living demos
- Cooking demos
- Healthy eating exhibits
- Vendors & exhibits
- A kids' area & more



Harmony is located on U.S. 192, 30 minutes from Disney and Melbourne, and 20 minutes from Lake Nona Medical City.

SPONSORED BY:



For more information, visit HarmonyFestivals.com.

Keep up to date on the festivals in Harmony — Text HARMONY to 42828.