



Ivy and Pearls of Southern Maryland Community Charities, Inc.
and
Alpha Kappa Alpha Sorority, Inc.® Nu Zeta Omega Chapter
present

COMMUNITY HEALTH FAIR



Connect with local organizations, access helpful resources,
and enjoy activities to support your physical and mental
well-being.

Sat., May 9, 2026

10:30 am - 1:30 pm

**Capital Clubhouse
3033 Waldorf Market Pl.
Waldorf, MD 20603**

**Register
Here:**



FREE to the Community!

- Health screenings & workshops
- Chair massages
- Yoga classes
- SNAP Benefits Assistance
- Giveaways & wellness info





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COMMUNITY HEALTH FAIR

Register for FREE Events

Physical Events	Workshops	Healthy Food Prep Demonstrations
<p>10:45 - 1:15 pm Chair Massages</p> <p>11:00 - 11:30 am Line Dancing</p> <p>11:30 - 12:30 pm Shabach Yoga</p> <p>12:00 - 12:30 pm Hula Hoop Class</p> <p>12:30 - 1:30 pm Shabach Yoga</p> <p>1:00 - 1:30 pm Zumba</p>	<p>11:00 am - 11:30 am</p> <ul style="list-style-type: none"> • Cancer Awareness • Mental Health Workshop <p>12:00 - 12:30 pm</p> <ul style="list-style-type: none"> • Chronic Disease and Financial Literacy • Cancer Awareness and Prevention <p>1:00 - 1:30 pm</p> <ul style="list-style-type: none"> • Chronic Disease and Financial Literacy • Cancer Awareness and Prevention 	<p>10:45 - 11:15 am Giant Food Prep</p> <p>11:30 - 11:45 am Giant Food Prep</p> <p>12:30 - 12:45 pm Giant Food Prep</p>

Register Here: 