

# Hartford Community Wellness Fair

*Have you thought about making healthy lifestyle changes?*

If so, then you should join us for the Hartford Community Wellness Fair! This event will showcase the variety of wellness options available to you, right here in our beautiful city. The event is **FREE** and open to all adults, children and seniors of Hartford.

Live  
Demonstrations  
Hands-On  
Stations  
Raffle Prizes

**Wednesday, April 18th**

**3:00 PM—7:00 PM**

**Hartford Rec Center—  
Gymnasium**

125 N Rural St  
Hartford, WI 53027

**Open to the Public**

**If you have any questions, please call Katie at 262-673-7300!**

## **Featuring the following businesses:**

- Anytime Fitness
- Copper Tree Yoga
- Hartford Rec Center
- Jazzercise
- PostFit Fitness & Wellness Center
- Snap Fitness
- A Touch of Health & Wellness LLC
- Hartford Farmer's Market
- Highest Ground Healing
- Lotus Be Well
- Palms Massage Spa
- Therapy at Hand for Women
- Medical Center Foundation of Hartford
- The Balanced Body
- Basal Layer & Company
- Inspired Aspirations LLC
- Aurora Medical Group
- And more...