

# THE *Spirit* of Health

## Community Event

Join us Saturday June 2



*at*

**Allen Chapel AME Church**  
936 Sudbury Street, Staunton

**Open to the public**  
**from 9:30 a.m. to 2 p.m.**



Participants are invited to enjoy a free lunch and are eligible for door prizes!

### SPECIAL GUEST

**T. J. Payne,**  
*heart-attack survivor,  
minister, and musician*  
*Come hear his  
lively talk and  
soulful singing!*

### We're offering FREE:

- ✓ Blood sugar tests
- ✓ Tetanus shots
- ✓ Blood pressure reading
- ✓ BMI (body mass index)

### Our featured exhibitors and speakers:

American Heart Association  
AMC's experts on nutrition, diabetes, and cancer  
Red Cross  
Meditation in Motion

*Come get the  
"Spirit of Health"!*

[www.AllenChapelStaunton.org](http://www.AllenChapelStaunton.org)