



# BI-ANNUAL COMMUNITY HEALTH FAIR

**WEDNESDAY, JULY 31<sup>ST</sup> | 1:00PM - 4:00PM**

Join Grand Living at Tower Place for a fun-filled day focused on health and wellness! Participate in various fitness tests, learn from informative speakers on chiropractic care, the neurological connection to exercise, physical therapy, massage, and more! Connect with local health and wellness organizations at their booths, and fuel your body with healthy and delicious food options.

**TAKE A STEP TOWARDS A BETTER YOU!**

Phone: 515.758.4459



**GRAND LIVING®**

YOUR LIFE. UNIQUELY EMBRACED.

*AT Tower Place*



INDEPENDENT | ASSISTED | MEMORY CARE

540 S 51<sup>st</sup> St, West Des Moines, IA 50265 | [GrandLiving.com](http://GrandLiving.com)

