



# NORTHLAND COMMUNITY WELLNESS DAY 2016

Saturday, April 9, 2016 • 10:00 a.m. - 2:00 p.m.  
 UMD Romano Gymnasium • FREE Admission & Parking

Northland Community Wellness Day is an annual event providing education and resources that promote healthy families and communities.

## OVER 70 EXHIBITS

### FEATURING:

- Health & Wellness
- Financial Literacy
- Public Safety
- Sustainability

### VISIT OUR WEBSITE

[northlandcwd.org](http://northlandcwd.org)

- Exhibitor List
- Event Activities
- Workshop Schedule
- Event Menu
- Photo Gallery

### FAMILY FUN & FITNESS CENTER

- FREE Rock Climbing & Bounce House
- Face Painting & Crafts
- Zoomobile (10 a.m.-1 p.m.)
- Guided family hike (meet at 10:30 a.m.)
- UMD Bulldog Athletes & Champ
- Bicycle obstacle course (bikes provided)

## FREE Informational Workshops & Presentations

- 10:30-11:00 a.m. Positive Dementia Paths, *Creating Confident Caregivers*
- 11:15-11:45 a.m. Duluth Grill, *What's in the box? Creative Cooking with CSA/Farm Share Produce*
- 12:00-12:30 p.m. Ecolibrium3, *Knowledge Saves Power (Energy Efficiency)*
- 12:45-1:15 p.m. E3 Twin Ports, *Experience the Benefits of Movement in Nature*
- 1:30-2:00 p.m. Duluth Police Department, *K-9 Unit Demonstration*

NEW THIS YEAR! Join the Diabetes Walk in the UMD Ward Wells Field House at 8:30 a.m.. For more information, visit: [www.diabetes.org/duluth](http://www.diabetes.org/duluth)

