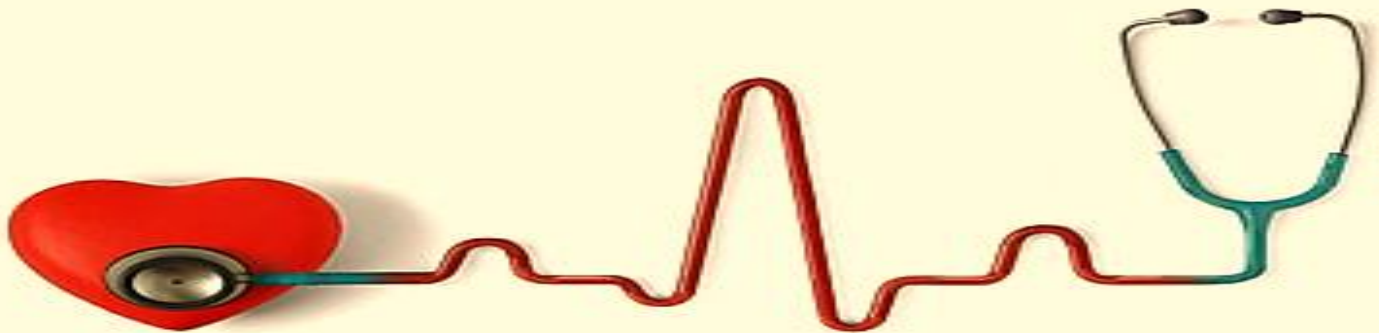


HEALTH FAIR



WEDNESDAY
MARCH 21, 2018
1 p.m. – 3 p.m.

Wellness Center Central invites you to join us as we host our Annual Health Fair. Come and learn more about how your physical health is important to your mental health recovery.

401 S. TUSTIN ST. #C
ORANGE, CA 92866

*For more information, please contact Sohail Eftekhazadeh.
sohail.eftekhazadeh@pathways.com
714-361-4860*



Our goal at Wellness Center Central is to provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Take advantage of this opportunity to learn about the resources and programs that are available in your community, and the role they can play in your recovery.

- CHIOC – Community Health Initiative of Orange County
- Planned Parenthood
- Orange County Health Care Agency – Adult and Older Adult Behavioral Health
- ILS – Independent Living Skills
- Orange County Counseling Center
- OC Links
- NewLung
- And more...

KEYNOTE SPEAKER **Kaitlin Schilling , Registered Nurse**

Ms. Kaitlin Schilling is the founder of Hela Coaching, blending integrative health coaching with her expertise as a Registered Nurse. She graduated with a Bachelors of Science in Nursing from the University of California, Los Angeles in 2012. She has since trained as a health coach with Duke Integrative Medicine. Having experienced growth from her own health journey, Ms. Schilling passionately works to empower women, inspire nutrition, and help others with autoimmune conditions.

