

# the whole *health* series

SPRING  
2025  
KICKOFF!



**Forsyth  
Farmers'  
Market**

13 East  
Park Avenue

**First Event**  
Saturday, March 11

**Second Event**  
Saturday, March 18

**10:00AM**

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**1:00PM**

**KICKOFF  
EVENT DETAILS**

**ABOUT THE WHOLE HEALTH SERIES**

- WEEKLY SESSIONS EVERY TUESDAY
- MINDFULNESS WORKSHOPS
- FREE HEALTHY SNACKS
- EXPLORE THE PILLARS OF WHOLE HEALTH

