

SATURDAY !! A SIMPLE STEP TOWARD GOOD HEALTH

**We are HERE!!**

**THIS Saturday November 19**

We have appointment cards for use at your convenience

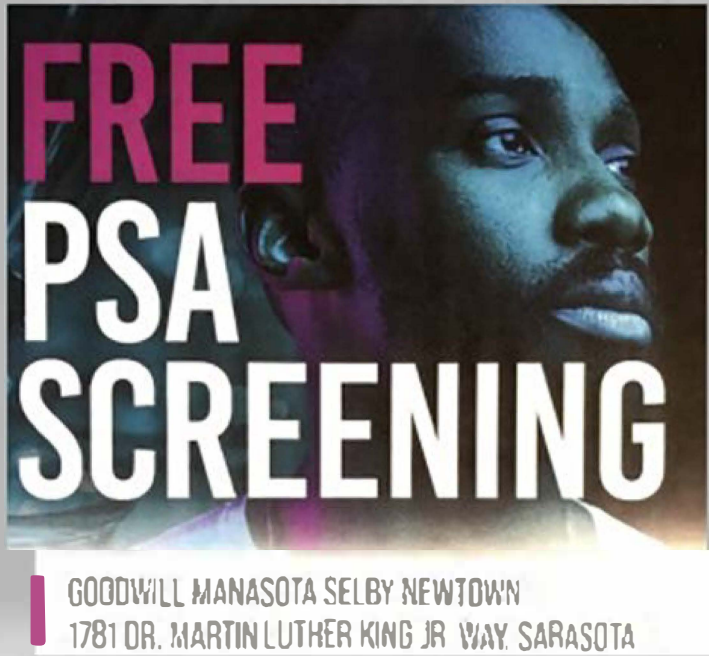
**10am to 12 noon**

**AT Manasota Selby Goodwill**

**1781 Dr. Martin Luther King Way - at Osprey corner**

**TELL your male friends - they NEED this!!!**

**5 minute easy blood draw; light refreshments**



**ALSO:**

**Saturday is "Clean Up" day.**

BayFirst Bank needs your help

- We ALL need your help

***Keep the community CLEAN!***

STOP by and give us an hour (or more) of your time!

You will be happy you did!!! THANK YOU



[Click here to visit our Website](#)

INFO: Call David Morse  
941 356 0754



Multicultural  
Health Institute

**BAYFIRST**

**TEMPO NEWS**

