

GET YOUR HEALTH & WELLNESS PASSPORT AT

# The Joetta Clark Diggs Health & Wellness Expo

SPONSORED  
BY:

Horizon.

Horizon Blue Cross Blue Shield of New Jersey



Saturday, November 2, 2013  
*(Rain or Shine)*  
8:30 am to 12:30 pm  
Maximum Athletics  
(The beautiful 20,000 square foot  
facility next to Bobs Furniture)  
934 Rt 22 East  
North Plainfield, New Jersey 07060

**JOIN US!**  
**\*WORKOUT ATTIRE  
SUGGESTED\***

FOR MORE INFORMATION EMAIL:  
[joettacinfo@yahoo.com](mailto:joettacinfo@yahoo.com)  
OR CALL: (484) 851-3148



**OPEN TO THE PUBLIC**  
HORIZON NJ HEALTH SCREENINGS  
HORIZON NJ LINE DANCING

ZUMBA  
KARATE WORKSHOPS  
DIET AND NUTRITION EXHIBITS  
SPEED AND AGILITY TRAINING  
HORIZON NJ SHAKE BIKES  
RELAYS

BOXING SESSION W/  
MARK BRELAND,  
GOLDEN GLOVE AND  
OLYMPIC CHAMPION BOXER

DIABETES INFORMATION SESSION  
SANDY BAKER  
REGISTERED NURSE

KEYNOTE SPEAKER  
JOETTA CLARK DIGGS,  
4-TIME OLYMPIAN  
MUSIC, FOOD, PRIZES &  
MUCH MORE

Take control of your life and enjoy what it has to offer you!