

# 5th Annual National City Health & Wellness Fair @ Paradise

*a contribution to a healthy community !*



**FREE**  
to the  
Community!

**SATURDAY**  
**NOVEMBER 2, 2013**  
**10:00AM - 3:00PM**

## **PARADISE VALLEY HOSPITAL** **EMPLOYEES PARKING LOT**

CORNER OR EUCLID AVE & E. 8TH ST.  
NATIONAL CITY, CALIFORNIA

Thank you very much for your continued support  
in promoting a healthy community!

Paradise Valley Hospital  
The Southbay Times  
Health & Human Services Agency  
Center for Health Promotions  
American Red Cross  
Konica Minolta  
SD Pathfinders Lions Club  
SD Executive Lions Club  
SD TFC Lions Club  
SD Classic Lions Club  
SD Majestic Lions Club  
Rotary Club - SD Paradise Valley  
Binmaley Association of SoCal  
NaFFAA - Region 10  
Faith Community Church  
Filipino American Business Assoc  
Pangasinan Association of SDC  
National City Realty Services  
The Phone Shop

Office of Hon. Ben Hueso  
Office of Hon. Greg Cox  
Office of Hon. Ron Morrison  
University of San Diego  
- College of Nursing  
Southwestern College  
- Nursing Dept.  
Mabuhay Festival - 6/7/14  
NC Public Safety Foundation  
Jay & Dr. Cef Ruiz  
Dr. Benjamin Camacho  
Paradise Valley Int'l Med Mission  
We Print  
Encomienda Photography  
Barroga & Associates  
Niederfranks Ice Cream  
Mabuhay Foundation  
National City Bears  
DR Marketing & Promotions

Paradise Valley Hospital and The Southbay Times  
in cooperation with  
Health & Human Services Agency  
cordially invite you to be a partner in promoting  
a healthy community for a better quality of life -  
where we live, work & play!

## The 5th Annual National City Health & Wellness Fair @ Paradise

- an event full of activities :

**FREE FLU SHOTS** (while supplies last),  
diabetes and glaucoma screening, blood pressure  
and blood count, counseling and information,  
plus other fun activities, awesome prizes  
and surprises!

**FREE TO THE COMMUNITY!**

**HURRY !**

LIMITED SPACE AVAILABLE.  
FOR MORE INFORMATION, PLEASE CALL:

**(619) 474-5300**

EMAIL TO:  
THESOUTHBAYTIMES@COX.NET