

# LADIES, ENJOY A WELLNESS DAY ON US

PRE-REGISTER AT  
[wisewomanwellnessexpo.com](http://wisewomanwellnessexpo.com)



PRESENTED BY



WISEWOMAN™

Well-integrated Screening and Evaluation  
for Women Across the Nation

WELL-AHEAD

MOVING LOUISIANA'S HEALTH FORWARD

# FREE

Chef prepared, deliciously healthy foods

Yoga Instructor on-site

Wellness checks

Bag of nutritional food items

# WISEWOMAN Wellness Expo

**FREE \$50  
FOOD VOUCHER  
GIFT CARD**

for WISEWOMAN enrollees

Text "WISE" TO  
225-277-9228  
for more information

LIVE DJ

**FREE ADMISSION**

HOUMA MUNICIPAL AUDITORIUM

1 PM - 6 PM

SEPT.  
**19**  
2023

EXHIBITORS:

