

# LIVE WELL

DINWIDDIE, VA

*Expo*  
03.17.18

**- LEARN - GROW - EMPOWER - CONNECT - SUPPORT - GAIN -**

## *About the Event*

The Dinwiddie County Resource Council is proud to present the inaugural Live WELL Expo!!! This free event is open to the public and will take place on Saturday, March 17, 2018 at the Dinwiddie High School from 9:00 a.m. until Noon.

Designed to showcase the many ways to Eat Well, Move Well and Live Well, right here in Dinwiddie the expo will bring together a plethora of health and wellness experts, specialists, and local vendors, all who will be on hand to provide useful information, samples, and live demonstrations.

### EVENT INFORMATION & DETAILS

- Time: 9:00am to Noon
- Location: Dinwiddie High School - 11501 Boisseau Rd. Dinwiddie, VA 23841
- Admission: Free and Open to the Public
- Registration is **NOT REQUIRED**

### FEATURES & HIGHLIGHTS

- Health Screenings & Immunizations
- Tax Prep / Tax Relief Options for the Elderly
- T Dap Shots
- Kids Zone with Petting Zoo provided by Totally Teeny Traveling Farm
- Healthy Foods Display & Samples
- Meet Your Elected Officials
- Interactive Activities and Programs
- Vendors and Demonstrations
- AND MUCH MORE!!!

### CONTACT INFORMATION

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### ABOUT THE DINWIDDIE COUNTY RESOURCE COUNCIL

MISSION STATEMENT: "Working together to build a community of empowered citizens."

The Dinwiddie County Resource Council was established in 2017 as a way to include all facets of the community in the discussion of connecting citizens with relevant resources. The Council includes representatives from local, state and federal agencies; non-profit and civic organizations; business partners and members of local faith-based organizations.

The Resource Council seeks to "Connect, Support and Empower" citizens, as they "Learn, Grow and Gain" the knowledge and skills necessary to strengthen the communities in which they live.

One of the Resource Council's earliest revelations was that many of our citizens do not realize the resources that are readily available to them – thus, the Live Well Expo was born! In its inaugural year, the Live Well Expo will showcase local resources in an effort to stimulate interest and move participants toward healthier lifestyles.

*For more information*  
**PLAY**Dinwiddie.com