

5th Annual



Healthy Living Expo

2 Dates & Locations!

September 21

10:00 am - 1:00 pm

YMCA
of the Seacoast
550 Peverly Hill Road
Portsmouth, NH

September 27

3:00 pm - 6:00 pm

Frisbie Memorial Hospital
Conference Center
11 Whitehall Road
Rochester, NH

Come to the Healthy Living Expo and network with some of the region's most prominent experts in ways to achieve and maintain good health. Flu vaccines will be available for the 2017-18 flu season.

Open to All Ages & Admission is Free!



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