

Become a fan of Healthy Melrose on Facebook to hear the latest news and updates!



**lululemon athletica** Fashion-Function Show followed by Zumba with  
Master Zumba Instructor Liana Veda

Robert Harney, MD

Hallmark Health Orthopedic Physician: Sports Medicine – Injury Prevention



Janice Newell Bissex  
Author of Meal Makeover Moms  
Nutrition Presentation and Book Signing

### Kids Events

Kidz Fun  
Vegetable Circus  
Martial Arts  
Kids Yoga  
And more

### Adult Participatory Events

Karate Pro Do Jo  
Flex Express (Strength & Flexibility)  
1-to-1 Fitness (Kettle Bells)  
Body Empower (Body Combat)  
YMCA "The Sensationals" (Senior Fitness)  
lululemon athletica Fashion-Function Show  
ZUMBA MASTER CLASS  
Fit Lifestyle Studios (Pilates Mat Class)  
North Shore Martial Arts

Special discounts, coupons and free giveaways from all your local fitness and wellness professionals on this day only!

Questions? Email us at [HealthyMelrose@gmail.com](mailto:HealthyMelrose@gmail.com)