HEALTHY —at the— HARBOR

KAISER PERMANENTE®

Join us at National Harbor on Saturday, June 6, from 11 a.m. to 4 p.m.

165 Waterfront St., National Harbor, MD 20745

Come get Healthy at the Harbor with Kaiser Permanente. This no-cost health and wellness event will feature:

- No-cost health screenings
- Preventive care education
- Fitness activities, including yoga, line dance, and Zumba classes
- Kids' zone with spin-art bikes, face painting, balloon art, and games
- Performances by local musicians
- Prizes and giveaways (while supplies last)

Kaiser Permanente representatives will be available to answer questions about our health plans, and we'll also have our community partners on hand to share information about their various programs.

Healthy at the Harbor is open to all, so grab your family and friends and stop by to enjoy fun, fitness, and wellness on the waterfront!

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Learn more at **kp.org/HealthyAtTheHarbor** or scan the QR code.

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