

# Second Annual Event

Saturday, September 20, 2014



The City of Marietta and WellStar Kennestone Regional Medical Center invite you to join us for our second annual **Live Well Marietta** event at the **Marietta Square Farmers Market**. This family-friendly day is part of the community wellness initiative for the citizens who live and work in Marietta. A variety of health programs and services will be provided, with the goal of identifying and reducing disease risk, while empowering people to make healthy lifestyle changes that will improve their quality of life.

We encourage you to come out and enjoy the programs and demonstrations that will be offered throughout the morning. **Free biometric screenings** will be provided to community members including cholesterol and glucose fingersticks and blood pressure screenings. WellStar's experienced healthcare providers will bring expert-level health education to the Square through several different **"Ask the Expert"** health information booths. Interactive fitness activities will be offered every hour by Amia Freeman, certified group fitness instructor and health educator with WellStar Corporate & Community Health. A **cooking demonstration**, hosted by Chef Ben Behimer, Executive Chef of WellStar Kennestone Regional Medical Center, will show tasty and healthy ways to utilize locally grown ingredients.

Registration is not required for this **FREE** event.

## Live Well Marietta Event

- 9 a.m. – Noon..... "Ask the Experts"  
Health Information Booths  
& Screenings
- 9 a.m. – 9:15 a.m..... Fitness Activity
- 10 a.m. – 10:15 a.m. .... Fitness Activity
- 10:30 a.m. – 11:30 a.m.... Cooking Demonstration
- 11:45 a.m. – Noon..... Fitness Activity

## 23rd Annual Marietta StreetFest Event:

- 9 a.m. – 5 p.m..... Arts, Crafts, Antiques and more!
- 9 a.m. – 12 p.m..... Marietta Square Farmers Market
- 9 a.m. – 5 p.m..... Kid Zone - FREE activity stations
- 10 a.m. – 3 p.m. Cruise-In with Hot Rods,  
Classic Cars, & more
- 3 p.m.-9 p.m..... The Grassroots Music Festival

For more information, please call **770-956-STAR (7827)** or visit [www.wellstar.org/livewellmarietta](http://www.wellstar.org/livewellmarietta) or [www.mariettaga.gov](http://www.mariettaga.gov).