

Central Islip's 5th Annual Health & Wellness Fair

including a
5K Benefitting the Lupus Alliance
and an
American Red Cross Blood Drive

Sponsored by CIUFSD Athletics Department, the CIUFSD Food Services Department, the Lupus Alliance of Long Island/Queens, the Economic Opportunity Council of Suffolk, Inc. - Youth and Adolescent Services, and Legislator Monica R. Martinez, Suffolk County Ninth District.

FREE Health Screenings
Join the Fun!

Canned Food Drive to benefit the CI Civic Council
Give-a-ways

FREE FOOD & DRINKS!

Raffle Prizes

DJ

Saturday, May 10, 2014
10:00 a.m. - 2:00 p.m.

Central Islip High School
85 Wheeler Road
Central Islip, NY 11722

Activities

- **5K Race (8:30am)- Registration Required**
- Open Exercise Gym
- Fire Safety
- Open Swim
- Free Book Fair
- Teen Workshops
- Free Testing
- Resource Tables
- Outdoor Activities
- **BLOOD DRIVE**

5K Race for Lupus



BLOOD DRIVE

Zumba

- Hydrate
- Eat iron rich foods prior to event
- Preferred ID:
 - Donor ID Card
 - Student ID
 - Drivers License
 - Passport
- 17 years of age (16 with parental permission)

For more information contact:

- Mr. Lawrence S. Philips, Director of Physical Education, Health, Athletics and Health Services
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