



4th GOLD WELLNESS

ALZHEIMER'S FUNDRAISING FAIR



SAT 21 SEPT 2024



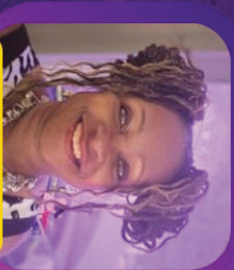
Start **1:00 PM**
Ends **5:00 PM**



134 West 29th Street between 6th
and 7th AVE, 2nd Floor, New York,
NY 10001



GET INSPIRED BY OUR DYNAMIC SPEAKERS



DEBRA

TOPIC

Finding
Balance:
Self-Care Strategies



ROJO

TOPIC

Nutritional
Wellness and
Alkaline Water



RACHEL

TOPIC

Wills,
Power of Attorney,
and Healthcare Proxy



TYISHA

TOPIC

Care Giving
for the
Caregiver in Crisis

**DANCE WITH
OUR
ENERGIZING
ZUMBA &
FITNESS
INSTRUCTORS**



JULIE

DEBRA

TIFFANI

SERINA

**EMBRACE
TRANQUILITY
IN YOGA
WITH MADDY**



MADDY



Stand with us in the fight against
Alzheimer's! Be part of the
fundraiser fair and spread the
love on September 21, 2024.

SUGGESTED DONATION

**BEST
OFFER**

\$35

Promo runs until
September 20,
2024



LET'S TALK



212-786-6838



lightofgoldpr@gmail.com