

San Mateo County  
Latino Collaborative



presents

4<sup>th</sup> ANNUAL LATINO  
HEALTH FORUM



# Sana, Sana, Colita de Rana

Care For Yourself Today, For a Better Tomorrow.

## Family Event

Saturday, October 8<sup>th</sup> 2016

10:30 AM to 3:30 PM

Martin Luther King Jr. Community Center  
725 Monte Diablo Ave.,  
San Mateo, CA 94401

*Presented in Spanish with English Translation*

**Healthy Mind, Body and Soul,  
Live Healthy!**

Learn about:

- Healthy Habits
- Healthy Communities
- Nutrition
- Managing Emotional Stress
- Access to Mental Health Services

For more information, visit [www.smchealth.org/sanasana](http://www.smchealth.org/sanasana)  
or Write to [LatinoCollaborative@smcgov.org](mailto:LatinoCollaborative@smcgov.org)

*Live in Total Health San Mateo County!*



**Keynote Speaker  
Celia Moreno, MD**



RAFFLES

FOOD

FREE  
EVENT

