



# SPRING IN TO WELLNESS

**MARCH 22, 2025**  
**10:00 a.m. - 1:00 p.m.**

**8108 N. Nebraska Ave, Tampa, FL 33604**

**Health, fun, and fresh starts—all in one place!**

**For FREE, Enjoy:**



Yoga  
Art Therapy

Garden  
Workshops

Wellness  
Vendors

FREE  
Document  
Shredding

Petting Zoo  
Easter Eggs

Delicious  
Food  
Catered by TNECR

Photo Fun  
Zone



Learn about TFHC services and schedule an appointment on-site!

**TFHC.ORG**

