

Healthy Hour !

Monday, Wednesday and Friday 6:00pm to 7:30pm

Hosted by: Health and Wellness LLC & Multicultural Kids Network.

6152 University Ave NE Fridley, MN 55432



\$20
per
person

\$30
per
couple



Why Healthy Hour now?
FUN, MIND BODY SPIRITS
instead of Failure of "Magic
bullets" –Adverse drug
events(ADE's)
-82% of Americans take at least
1 medication and 25% 5 or
more.
-700,000 ER visits and 120,000
hospitalizations due to ADE's /yr.
-\$3.5 bill. /yr spent on extra
costs

-40% out pt ADE's preventable.
(Center for Disease Control and
Prevention, 2014)

**Group drumming should
be an integral part of all
health and mental care!**

Call [612227 8574](tel:6122278574) or email us
register@multiculturalkidsnetwork.org

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