

# II Latino Holistic Health & Wellness Expo

- **How to eat well**
- **Why teens get sick**
- **Stop procrastination**
- **Start fresh - No drugs**
- **Plants that cure**
- **Protect yourself from EMS**

**Tuesday, December 6, 2016**  
**12:00 p.m. - 6:00 p.m.**  
LaGuardia Community College  
E Building Atrium



31-10 Thomson Ave, Long Island City, NY 11101

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