

Adams County Health & Wellness Expo

- ◆ Saturday July 23rd
- ◆ 10 Am – 2pm
- ◆ Oakley Lindsay Center – Quincy, IL



Reality TV Chef Tiffany Derry

Comes to
Quincy, IL

Join reality TV chef and entrepreneur Tiffany Derry, best known as a fan-favorite on Bravo TV's "Top Chef," and a Novo Nordisk Host for a healthy cooking demonstration and educational workshop.



Featuring:

Quincy Medical Group
Blessing Health System
SIU Family Medicine
Local and national vendor booths

- ✚ Cornhole Tournament
 - ✚ Quarterback Challenge Contest
- Participants can compete for a chance to win a new Playstation 5 console and more!**

Door Prizes and Giveaways! The event is FREE and open to all ages!

Join us in bringing awareness to healthy eating, and healthy living - while taking part in some fun activities!!!

Sponsored By:

