

Eastern Shore Rural Health  
Presents



**FREE**

# BE WELL BLOCK PARTY

Local Executive Chef  
Cooking Demonstration

Eastern Shore Cruisers  
Classic Car Show

Frequent  
Giveaways

Mobile Food  
Pantry

American Red  
Cross Blood Drive

Dunking Booth

Preventative  
Health Resources

School Supply  
Giveaways

Children's Activities



Blood Pressure, Diabetes, Vision,  
Hearing Screenings, and MORE!

SATURDAY, AUGUST 1ST, 2026  
9 AM - 12 PM



DOWNTOWN PARKSLEY  
See you by the LOVE sign!



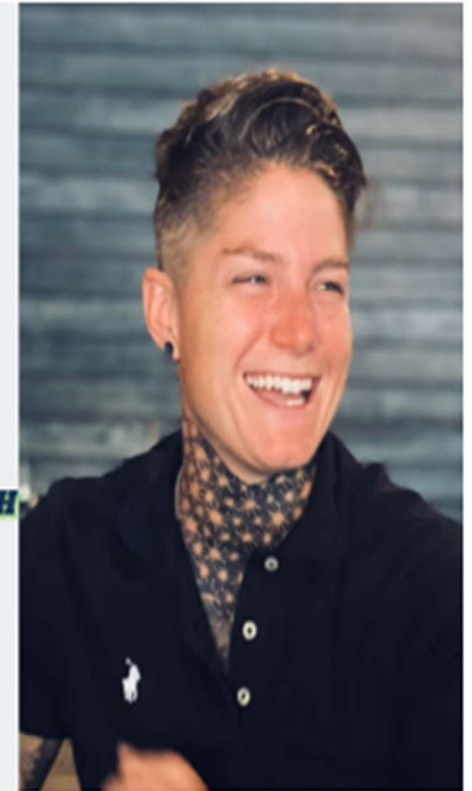
Local Executive Chef

## Shannon Andes

Comes to the

**BE WELL  
BLOCK PARTY**  
PRESENTED BY:  
EASTERN SHORE RURAL HEALTH

Join local chef and Bread & Butter restaurant owner, Shannon Andes, with over two decades of experience we look forward to a demonstration of an affordable, delicious, healthy meal!



Eastern Shore

Cruisers

# CAR SHOW