



## **MEDIA ADVISORY**

### **FOR IMMEDIATE RELEASE**

Date: March 14, 2007

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### **SALINE TO HOST FREE FUN, FOOD AND FITNESS ACTIVITIES**

**Community Health Event Includes Free Prize Drawings, Healthy Food Tasting, Health Screenings and Fitness Activities; Washtenaw County Public Health Department to Unveil Saline HIP Data**

**WHAT:** The Saline Recreation Center is hosting “Saline Fun, Food & Fitness,” a free family focused health event featuring health-related giveaways, activities, food and information.

**Fun:** Free prize drawing for fitness classes, gift certificates to local restaurants, shops and more. Free use of the recreation center all day, free fitness classes, free moonwalks in the racquetball court, and free activities for the kids in the pool.

**Food:** Taste-test healthy menu options from several area restaurants and discover how to make healthier food choices. Talk to experts about nutrition and heart-healthy eating.

**Fitness:** Free health screenings, including blood pressure, cholesterol, chiropractic, and more. Fitness activities all day for adults and kids including a Fit Spin class and a dance demonstration.

The Washtenaw County Public Health Department will release Health Improvement Plan (HIP) selected data highlights for Saline at this event and will show residents how they can be part of the HIP 2020 vision for good health.

**WHEN:** March 25, 2007 from 12:00 p.m. to 3:00 p.m.

**WHERE:** Saline Recreation Center, 1866 Woodland Drive, Saline, Michigan 48176.  
Phone: (734) 429-3502

**WHO:** Sponsored by the University of Michigan Health Systems MFit Health Promotion Division, Saline Area Schools Food Services, and Saline Parks & Recreation.

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