



555 Towner St, P.O. Box 0915  
Ypsilanti, MI 48197-0915  
Phone: (734) 544-6700

## **MEDIA ADVISORY**

### **FOR IMMEDIATE RELEASE**

Date: March 26, 2008

Contact: **Lily Guzman,** Health Educator, Washtenaw County Public Health  
E-mail: [guzmanL@ewashtenaw.org](mailto:guzmanL@ewashtenaw.org)  
Phone: (734) 544-2983

## **SALINE TO HOST FREE FUN, FOOD AND FITNESS ACTIVITIES** **Community Health Event Includes Free Prize Drawings, Healthy Food Tastings,** **Health Screenings and Fitness Activities**

**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.

**WHEN:** March 30, 2008 from 12:00 noon – 3:00 p.m.

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

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