

Mundelein Park & Recreation District
<http://www.mundeleinparks.org>



NEWS RELEASE

FOR IMMEDIATE USE

October 27, 2015

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A HEALTHY YOU IS A HAPPY YOU

Take Charge of you & your family's' health at Free Community Health & Wellness Fair

MUNDELEIN, IL —The cooler seasons can take a toll on all of us, and fall is a great time to take charge of your lifestyle with the help of Mundelein Park District's FREE Community Health & Wellness Fair, held Wednesday, November 11, from 9:00 am – 1:00 pm at Park View Health and Fitness Center (1401 N. Midlothian Road) learn about the wide variety of resources available in our area and take advantage of the many services offered. Stop by for demonstrations, FREE samples, health screenings (Flu Shots available), fitness demonstrations and a chance to win a Fitbit!

Representatives from Agony of De-Feet (www.agonyofdefeet.com), Arbonne (www.arbonne.com), Asher the Comfort Dog, Audibel Hearing (www.libertyvillehearing.com), Blue Cross/Blue Shield of Illinois (<http://www.bcbsil.com>), Center for Wellness (www.centerforwellnessinc.com), Cigna (<http://www.careplanil.com/commoutreach>), College of Lake

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County Wellness Center (www.clcillinois.edu), Corner Health Foods (www.cornerhealthfood.com), Costco (www.costco.com), dōTERRA Oils (<http://www.doterra.com>), Honeyway (www.honeywayusa.com), M&M Cyclery (www.mmbikes.com), Mental Health Solutions (www.mhshelps.com), Mundelein Fire Department (www.mundeleinfire.org), Growing Healthy People (www.growinghealthypeoplenow.org), PhysioKids (<http://myphysio.com/clinic/detail/the-pediatric-place/>), Reliv (www.reliv.com), Tastefully Simple (www.tastefullysimple.com), Vailus (www.vi.com), Walgreens (www.walgreens.com), Wildtree (www.wildtree.com), and Mundelein Park District (www.mundeleinparks.org) will be some of the organizations on hand.

Bring the family over to this all-ages event. No registration is needed. Always wondered what Park View's fitness classes are like? Demonstrations from Zumba, Tai Chi, Yoga, Cycle and Strength classes will give you a great sampling. Visit just 12 booths and receive a raffle entry for a free Fitbit! Working nearby? Take a quick lunch break and pick up some great information, samples, or a screening while learning what our community and Park District has to offer.

Call **847-566-0650** for more information or online at www.mundeleinparks.org or Park View Health & Fitness' [Facebook page](#).

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