



Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

October 27, 2016

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MAKE A DIFFERENCE IN YOUR LIFE AND OTHERS

Free health fair and blood drive at Mundelein Park District

MUNDELEIN, IL —Fall is traditionally the time to give thanks for our blessings and health and to help others, and at Mundelein Park District's **FREE Community Health Fair**, you can start the season right. On Saturday, November 12, from 8:30 am – 1:00 pm at **Park View Health and Fitness Center (1401 N. Midlothian Road)** learn about the wide variety of health and wellness resources available in our area, fitness options, and everything you need to take care of you and your family. Also, help others by participating in our LifeSource blood drive and registering as a bone marrow donor with Be The Match® (bethematch.org).

Representatives from many local health & wellness organizations will be on hand with information and giveaways. Stop by for blood pressure screenings, hearing screenings, chair massages, Flu shots, giveaways, and more. Come dressed in comfortable clothes and try out a variety of Park

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View Health & Fitness' group exercise class demonstrations throughout the morning. Visit all booths at the health fair for a free raffle entry for fitness prizes.

Participate in LifeSource's blood drive (appointments recommended and can be arranged by calling 877-543-3768 or log on to lifesource.org; use code MN40) and receive a free t-shirt, plus a chance to win a pair of Chicago Bear's tickets & parking pass (November 27, Bears vs. Titans). Every pint of blood donated saves three lives!

For blood cancer patients, there is a cure, and the amazing thing is, it could be you. You could save a life by joining Be The Match Registry® A simple non-intrusive oral swab is all it takes to register your bone marrow with Be The Match.

Bring the family over to this all-ages event. No registration is needed. Call **847-566-0650** for more information or online at www.mundeleinparks.org.

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