



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

NEWS RELEASE

FOR IMMEDIATE USE

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TAKE BETTER CARE OF YOUR FAMILY, YOURSELF
AND MAKE A DIFFERENCE IN OTHERS

Free health fair and blood drive at Mundelein Park District

MUNDELEIN, IL —Now that the days are shorter and the air is crisper, it's a great time for you and your family to "Fall" into good healthy habits. Mundelein Park District is hosting a **FREE Health Fair**, bringing a wide variety of community resources together in a family-friendly event on **Saturday, November 11, 8:30 am – 1:00 pm at Park View Health and Fitness Center (1401 N. Midlothian Road).**

Connect with health and wellness resources in our area, learn about 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

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giveaways. Stop by for a variety of free screenings, flu shots from Jewel-Osco of Mundelein, and more.

Come dressed in comfortable clothes and try out a variety of Park View Health & Fitness' group exercise classes. Choose between *Hard Core Muscle* class and *Barre* class at 8:30 am, and *Zumba* and *Strong by Zumba* at 9:30 am. There will also be a free mini class of *Guided Meditation* at 10:30 am and *Stroller Barre* at 11 am (must provide your own stroller).

This year's fair includes fun things for little ones. There will be a *Touch a Truck* activity where kids can get behind the wheel of a big rig and take a close look at how emergency equipment and utility trucks operate, plus games and other activities. Mundelein Police Department will have Federally Certified Technicians educating the community in proper child safety seat installation procedures.

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 coupon for a free pint of Culver's Frozen Custard. Every pint of blood donated saves three lives! You could also save a life by joining Be The Match Registry®. A simple non-intrusive oral swab is all it takes to register your bone marrow. For blood cancer patients, there is a cure, and the amazing thing is, it could be you.

Visit all booths at the health fair for a free raffle entry for fitness prizes. 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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