

## Village of Orland Park Media Relations

# NEWSRelease

**Frederick T. Owens Village Hall**

**14700 South Ravinia Avenue - Orland Park, IL 60462**

**CONTACT:** Deborah Geghen  
Fitness Manager  
Village of Orland Park Sportsplex  
708/645-PLAY

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**FOR IMMEDIATE RELEASE**

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**PHOTO OPPORTUNITIES**

### **Village of Orland Park to Host “Fit For Life Family Health Fair”** *Free Screenings and More Offered at Sportsplex*

ORLAND PARK, ILLINOIS – The **Village of Orland Park Recreation Department** will host its ninth annual **“Fit for Life Family Health Fair”** on **Saturday, April 24** from **9:00 a.m. until noon** at the Village of Orland Park Sportsplex, 11351 West 159<sup>th</sup> Street. Topics will address the fitness needs of the entire family.

The fair will offer free screenings and information on a variety of health issues including asthma and allergy screenings, balance testing, blood pressure screenings, blood pressure testing, body mass index, flexibility testing, foot pressure analysis, free aerobics classes, injury screening, nursing home information, podiatry screening, total cholesterol screenings, trigger point massage and leukemia information. Other testing available will include bone density screenings, blood/glucose testing, footwear screening, prostate and thyroid testing, skin care information, sleep apnea information and bicycle helmet fitting.

“Our fair is growing larger every year as we add more medical screenings and doctors to our list of participants,” said Village Fitness Manager Deborah Geghen who organizes the fitness fair each year.

Screenings for cholesterol levels require a twelve hour fast and pre-registration. Those interested in the cholesterol screening must call 1-800-323-8622 to register, using code AC32. Fees are required for the prostate and thyroid screenings and are payable for \$19.99 the day of the event. Participants must check in ahead of time at the Sportsplex.

“An important part of staying healthy is being screened for potentially dangerous conditions,” Geghen said.

Children are invited to try an obstacle course, sample healthy snacks, have their faces painted, jump in the Dino Jump, and make sand art. Advocate Hope Children’s Hospital will offer motor and language screenings for children.

“A lot of health fairs tend to be geared towards adults --- ours is for everyone,” Geghen said. “Great fitness habits, healthy eating and lifestyle habits should start at a young age. We believe if the family can support each other and help each other to stay healthy, it makes for an easier and fulfilling life,” she added.

More than 200 guests attended last year’s fair with participants of all ages enjoying the activities. Raffles will be held for many of the great prizes that are being donated. For more information, contact the Village of Orland Park Sportsplex at 708-645-PLAY.



#### **CUTLINE FOR PHOTO**

The Village of Orland Park Sportsplex will host its sixth annual “Fit For Life Family Health Fair” on Saturday, April 24 from 9:00 a.m. until 12:00 noon. A number of health screenings will be available. For more information, call the Orland Park Recreation Department at 708/645-PLAY.