

## Village of Orland Park Media Relations

# NEWSRelease

**Frederick T. Owens Village Hall**

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### **FOR IMMEDIATE RELEASE**

**April 7, 2008**

### **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 and Parks Department** will host its annual “**Fit for Life Family Health Fair**” on **Saturday, April 25** 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 screening, depression screening, balance testing, blood pressure screenings, bone density testing, body mass index, flexibility testing, foot pressure analysis, free aerobics classes, injury screening, nursing home information, podiatry screening, skin hydration testing and trigger point massage. Information about a number of health issues will be available, including diabetes, sleep disorders, leukemia and lymphoma and hearing information.

Screenings for glucose levels require a twelve hour fast and pre-registration. Those interested in the glucose screening must call 1-800-323-8622 to register. Immunizations will also be available for an additional fee, including tetanus, Zostavax, pneumonia and meningitis. Advanced registration is not required for the cholesterol screening; however, fasting is required.

“An important part of staying healthy is to be screened for potentially dangerous conditions,” explained Deborah Geghen, Fitness Manager for the Village of Orland Park.

Children are invited to try an obstacle course, sample healthy snacks, try on fire gear, have their faces painted, jump in the Dino Jump, and receive Kid Care I.D. cards from the Orland Park Police Department.

“This is a great opportunity to show children the benefits of staying healthy,” Geghen noted.

“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 100 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 26 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 and Parks Department at 708/645-PLAY.