

Family Health Fair Returns to Village Sportsplex April 20

Free Screenings and Health Information Available

ORLAND PARK, IL - The Village of Orland Park Recreation Department will hold its annual "Family Health Fair" on Saturday, April 20 from 9 a.m. until noon at the Village of Orland Park Sportsplex, 11351 West 159th 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 balance testing, blood pressure screenings, bone density testing, body mass index, flexibility testing, free aerobics classes, injury screening, nursing home information and trigger point massage. Information about a number of health issues will be available, including diabetes, and hearing information.

Screenings for glucose levels recommend a twelve hour fast and preregistration. Cholesterol testing also requires preregistration for \$24.99. Call or visit the Sportsplex to make reservations. Osco Pharmacy will be present with thyroid and prostate screenings for \$24.99 each. 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," said 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 bring their bikes for free safety checks with Performance Bicycle.

"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.

Raffles will be held for a number of prizes. For more information, contact the Village of Orland Park Sportsplex at 708-645-PLAY.