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Village Sportsplex Hosts Family Health Fair April 23



Bring the whole family to the Village of Orland Park Sportsplex Family Health Fair on Saturday, April 23. This free event is 8 a.m. to noon at the Sportsplex, 11351 W. 159th Street.

The youngest in the family can enjoy some exercise time in the Dino Jump while the adults can participate in free aerobic classes, injury screenings and flexibility testing. Guests will also receive free blood pressure screenings, cholesterol testing, as well as nutrition counseling.

Children can also enjoy face painting, healthy snacks and an appearance by The Sportsplex T-Rex. For more information, call 708/645-7529.