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FOR IMMEDIATE RELEASE

What – Health and Fitness Fair
When – Saturday, January 17, 10:00 am – 2:00 pm
Where – Lehi Legacy Center, 123 North Center Street, Lehi UT 84043

Why Cover This Story: Health Education Opportunity for the New Year

LEHI LEGACY CENTER TO HOLD ANNUAL HEALTH & FITNESS FAIR

Free Public Event Educates Families on Healthy Living

Lehi, Utah | January 12, 2015 – The Lehi Legacy Center will be holding the 14th Annual Health & Fitness Fair on Saturday, January 17th from 10:00 am – 2:00 pm. The event is free to the public.

As the New Year begins, getting fit is on everyone's minds. The Legacy Center Health & fitness Fair provides a great opportunity for the public to become informed about health and fitness in general and what programs are available to help them in their quest to be healthy. The fair includes free screenings for hearing, spinal testing, fitness assessments, body compositions, and blood pressure checks. There are also a number of booths providing healthy living tips.



2014 Health Fair

The Utah County Health Department will be demonstrating proper car seat installation, teaching tobacco prevention, and handing out radon awareness materials. Several medical organizations will also be on hand to discuss different healthy living resources in available in the area

The fair will include free massages, face painting, and prize drawings, including an annual Legacy Center family membership valued at \$485! In addition, annual memberships to the Legacy Center will be discounted twenty percent during fair hours only.

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Lehi City is committed to transparency and keeping the community informed. All media communications should be directed to the Public Information Office. The Lehi City Public Information Officer, Robert Ranc, can be reached at (801) 814-0602, or email Robert at rranc@lehi-ut.gov. Follow us on Facebook or our Twitter handle, @LehiCity.