



**FOR IMMEDIATE RELEASE**

**April 2007**

**Contact:**

**Kirsten Cherry 925.699.2843**

## **All Ages Invited to “Get Healthy” at the Pleasant Hill Health & Wellness Fair April 26**

(Pleasant Hill, Calif.) - So you want to become healthy? Should you take up walking or jogging or weight lifting? Maybe yoga and meditation are the way to go. Should you start shopping at a health food store? Should you start eating greens and kale? These are only a few questions that pop up as we realize we need to do something about our health. Maybe it's time to start finding the answers.

At Pleasant Hill's Health & Wellness Fair, dozens of local health, fitness and wellness businesses will provide the community April 26 with a high-energy, free event that will allow attendees to sample healthy food, get health screenings, have fun and feel empowered to improve their health. Attendees can check their fitness level through body mass index, flexibility and balance tests; they also may choose to participate in a plethora of health screenings including: blood pressure, blood glucose and cholesterol, and bone density to name a few.

Not interested in the fitness tests or health screenings? Get a massage; taste some healthy food from local caterers and restaurants. Kids can run off some energy on the obstacle course, or play an active game in the Kids' Zone. After perusing the services and resources of more than 60 exhibitors, go to the outdoor stage where you can participate or just watch demonstrations ranging from Hip Hop and family yoga to martial arts and dance from far reaches of the world.

“This is an event for the whole community,” said Charley Daly, Executive Director of the Pleasant Hill Chamber of Commerce. “We really hope we can increase awareness of our local health services and resources and have lots of fun along the way.”

The Pleasant Hill Chamber of Commerce coordinates the event with support from such event sponsors as *John Muir Foundation Health, Renaissance ClubSport, Club50 Fitness Centers* and media sponsors *Contra Costa Newspapers and Diablo Valley 92.1.*



The event will be from 3 -7 p.m., Thursday, April 26 at the Pleasant Hill Community Center, 320 Civic Dr.  
(2 blocks west of Sunvalley Mall off of Taylor Boulevard)

For information, call the Pleasant Hill Chamber of Commerce at 687-0700, or go to [www.PleasantHillChamber.com](http://www.PleasantHillChamber.com)