



OFFICE OF THE MAYOR

CITY OF SCHENECTADY
NEW YORK

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Mayor

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For Release: Immediate
Date: Thursday, September 6, 2012

Contact: Mayor's Office
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MEDIA ADVISORY

The City of Schenectady will host a free Wellness Fair

WHEN: Saturday, September 8, 2012

TIME: 11:00 a.m. - 2:00 p.m.

WHERE: Schenectady's City Hall
105 Jay Street, Room 110
Schenectady, NY

DETAILS : The City of Schenectady will host a free Wellness Fair for anyone who wants to attend. There will be free parking on the streets and in the lots. There will be something for everyone! Free activities and healthy giveaways for adults and kids alike. Free games for the kids provided by Siena College. Free balloons from Tip the Clown. The Fire Department will have their smoke house on display and the Police Department will have one of their cars on display. The County Sheriff's Office will make child ids for those that want them. MVP will sponsor free blood pressure and BMI (body mass index) screenings. Local grocery stores will feature healthy food choices, how to shop their stores for healthy choices and the new federal nutrition guidelines. The Health Department will share new initiatives on Diabetes and other information. Talk to the people from Best Fitness and Gold's Gym to see what makes their programs special. Meet representatives from the YWCA and the YMCA and talk to them about their programs. Plaine & Son Bike and Ski Shop will also be there to answer questions about proper fit of helmets. Get tips on how to stop smoking and more. Hope to see you there.