



PRESSRELEASE

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Health tips, screenings, children's activities part of March 6th Healthy Family FunFest

[Southington , CT] Jan. 31, 2010 – Want to learn how you and your family can live healthy and happy? Come to the **Healthy Family FunFest, Sunday, March 6, 11 a.m.-4 p.m. at the Aqua Turf Club in Southington.** Admission is free.

Presented by The Hospital of Central Connecticut, Central Connecticut Senior Health Services and the Southington-Cheshire Community YMCAs, this fun-filled event will feature information and activities for people of all ages, including:

- Healthy cooking demonstrations, “Bringing the Family back to the table” and “Healthy Meal Options”
- Brain fitness
- Balance screenings
- Blood pressure, cholesterol, glucose and bone density checks
- Pet therapy demonstration
- Car safety seat information
- Amber Alert National Registration for children 17 and younger
- Tips and information from health experts on eating right, exercising and a host of other health topics

- more -



- Kids', toddler and tween area, with an obstacle course, virtual gym and other fun activities
- Much, much more!

You'll also enjoy great food, raffles and an appearance by the New Britain Rock Cats mascot, Rocky the Rock Cat and Pucky the Whale from the CT Whale. And you'll have an opportunity to help your neighbors in need by bringing a non-perishable food item for Southington's Bread for Life.

Limited advertising and vendor Space is still available for more information please contact **Aubrey Galletta: The Hospital of Central CT 860.224.5695**

For information, visit www.healthyfamilyfunfest.com.

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