

NEWS RELEASE

FOR IMMEDIATE RELEASE

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FREE COMMUNITY HEALTH FAIR AT EAST SUFFOLK RECREATION CENTER

SUFFOLK, VA (November 23, 2016) The East Suffolk Recreation Center in partnership with the Golden Fold of Alpha Iota Chapter of Omega Psi Phi Fraternity, Inc., Community Capacity Builders, and other agencies will host the *Our Community Health Fair* on Saturday, December 3rd from 10 a.m. to 2 p.m.

The health fair will include many health and wellness related providers with informational handouts and resource tables. Participants will have the opportunity to hear and learn about local health services and offerings available from the assorted vendors who will be present. In addition to free blood pressure and diabetes screenings, flu shots and other health screenings, attendees may participate in a fun and interactive Zumba exercise class and stepper contest.

There will also be a special exhibition step performance by the Tau Lambda ODU Chapter of Omega Psi Phi Fraternity. Because there is a strong connection between health and a happy mind, body, and spirit, we encourage all family generations to come and participate. The health fair is free for all ages to attend.

The East Suffolk Recreation Center is located at 138 South 6th Street. For more information regarding the *Our Community Health Fair*, please contact (757) 514-4500.

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