



FOR IMMEDIATE RELEASE

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## **GAIN HEALTH & WELLNESS INFORMATION AT FREE HEALTH FAIR**

**GLENDALE, Ariz.** – The annual Foothills Health Fair will be held from 10 a.m. to 1 p.m., Saturday, Jan. 23 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

This is an opportunity to gain interesting and valuable health and wellness information for all ages from children to mature adults. A variety of local health-related companies and organizations will have informational booths and provide services such as free chair massages and blood pressure checks.

Chiropractors, Midwestern College of Pharmacy, Holistic Provider, West Valley Cancer Connection, Nordic Walking, Egoscue, personal trainers, nutrition specialists, physical therapy and many more will be available at the event.

This is also an opportunity to check out the health and fitness options available at the Foothills Recreation & Aquatics Center. Staff will be available to answer questions and provide information along with tours of the fitness center, aquatics area, indoor walking/jogging track and other amenities. For more information, please call 623-930-4608. The Foothills Recreation & Aquatics Center is a division of the Glendale Parks & Recreation Department.

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