



FOR IMMEDIATE RELEASE

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Public Relations Office

**HEALTH AND WELLNESS FAIR FEATURES
LOCAL RESOURCES FOR PUBLIC JANUARY 28**

GLENDALÉ, Ariz. – Local companies and organizations will share products and provide services such as free chair massages and blood pressure checks at the 5th annual Health and Wellness Fair from 10 a.m. to 1 p.m., Saturday, Jan. 28 at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Gain valuable information at the event, and explore natural and organic products, dentists, local cancer advocates, personal trainers, tobacco prevention, aquatics safety and many more resources at booths and information tables.

In addition, free tours of the Foothills Recreation & Aquatics Center will be held during the fair. The center offers a wide variety of fitness options including rock wall climbing, lap swimming, cardio machines, free weights and fitness classes. The Foothills Recreation & Aquatics Center is a division of the Glendale Parks, Recreation and Library Services Department.

For more information, call 623-930-4608 or visit

www.glendaleaz.com/foohillscenter.

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