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02/21/2000 - EIU to Host Third Annual Health and Wellness Fair

University Marketing and Communications

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February 21, 2000

FOR IMMEDIATE RELEASE:

EIU TO HOST THIRD ANNUAL HEALTH AND WELLNESS FAIR

CHARLESTON -- Eastern Illinois University's Health Services, Health Education Resource Center and the Student Recreation Center will hold their yearly Health and Wellness Fair from 10 a.m. to 5 p.m. Tuesday, Feb. 29, in the Lantz Recreation Center.

The fair is sponsored annually to heighten awareness about individuals' personal health, as well as to inform people of how to modify their lifestyle to increase and maintain healthy living. There will be many booths and giveaways to promote health and wellness at this year's event, which features the theme, "For the Health of It."

The health fair is free of charge and is open to EIU students, staff, faculty and the community. Screenings and tests will be available at the fair to measure blood pressure, cholesterol and body fat.

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EIU HEALTH FAIR

Prizes from local businesses such as Cracker Barrel, Speed Lube, Tan Lines, Showplace 8, Charleston Lanes, Ramada Inn and Craig's Video will be awarded to attendees throughout the day of the fair. Samples of fat-free yogurt also will be provided by TCBY from 12:30 to 5 p.m.

For additional information, contact Eric Davidson at (217) 581-3912.

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