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9-24-1990

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Recommended Citation

University Marketing and Communications, "09/24/1990 - Children's Activities Featured at Wellfest" (1990). *Press Releases*. 333.

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FILE



EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

ART TATE, Assistant Director, University Relations
Office: (217) 581-5983 - Home: (217) 348-7553

90-551

September 24, 1990

FILE COPY

FOR IMMEDIATE RELEASE:

CHILDREN'S ACTIVITIES FEATURED AT WELLFEST

CHARLESTON, IL--The young, the younger and the youngest of them all have a special place at WellFest '90, a festival of health and wellness for the entire family, Saturday, Sept. 29, at Eastern Illinois University in and around Lantz Building.

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WellFest '90 is sponsored by the EIU College of Health, Physical Education and Recreation. "Children are special people, and, like adults, need to know what being healthy means and how to achieve and maintain a status of overall wellness.

"The activities at WellFest '90 directed at children will give youngsters an introduction to wellness and will hopefully spark an interest in health issues," said David Dutler, director of Recreational Sports at Eastern and WellFest coordinator.

The Elementary Health Fair on the north balcony of Lantz Gym will host a variety of activities for children. Flaming Feud, a take-off of the game show Family Feud, will test children's knowledge of fire safety. Environmental and recycling issues will be addressed at the "You are the World" exhibit on the east balcony of Lantz.

Children will have the opportunity to have their height and weight measured and can try out the Fit 'n' Fun Gym obstacle course, along with many other activities and exhibits. The Elementary Health Fair opens at 10 a.m. and is organized by the Health Studies' School Health Education class.

Toddlers can exercise together at the Toddler Exercise demonstration and participate from 10 to 11 a.m. in the wrestling room in Lantz Building. Exercises are designed to enhance the youngsters' motor skills and coordination using music, games and balls.

ADD 2/2/2/2

WELLFEST '90

Vince and Larry, crash dummies, will be featured at the Seat-belt Convincer display south of Lantz Building. They will crash and burn several times throughout the day showing the importance of wearing seat-belts while riding in a motor vehicle.

A display of health-related posters, colored by area students, will be shown throughout the day near Lantz Building.

Persons can register for the drawing of a child safety seat valued at more than \$80 at the EIU office of Safety Programs booth. There is no cost for the drawing and the winner will be drawn late Saturday afternoon. The safety device is approved by the Illinois Department of Transportation.

Other activities of special interest to children at WellFest '90 will be the Future Farmers of America Petting Zoo, the Children's Campus Walk, balloon twisting, face painting, the Charleston Fire Department's display of a fire truck and ambulance, and gymnastics, baton and pompon demonstrations.

Children may also want to see the Jackie Bennett Dance Center demonstration, take part in the horseback riding demonstration by Becker Breezy Acres and rope-handling demonstration, and visit the Coles County Sheriff's Department I-SEARCH mobile unit and the Mid-Illinois Big Brothers/Big Sisters booth.

For more information, contact the Rec Sports Department at 581-3961. Schedules of events are available at the Rec Sports Department, Lantz Building room 147.