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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

File

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FOR IMMEDIATE RELEASE:

WELLNESS FAIR OFFERS SOMETHING FOR ALL AGES

CHARLESTON, IL.--Eastern Illinois University's College of Health, Physical Education and Recreation is kicking off its 25th year celebration at the second annual Wellness Fair Sept. 22-24 on the Eastern campus.

Wellfest '89 features activities for children and adults, including demonstrations, food booths, health screenings, entertainment, information booths and presentations on a variety of topics, ranging from wellness and the weekend athlete to home safety for the elderly.

All events are being held in and around Lantz Building. Most activities are free.

"Wellfest offers something for everyone. Through Wellfest, we are able to coordinate our existing resources and make them more available to the public," said Dr. Carol Pyles, Dean of Eastern's College of Health, Physical Education and Recreation.

During the three-day event, a variety of services will be offered to the public, including cholesterol and blood pressure screening, and fitness, vision and hearing testing.

Events scheduled for Friday include a circuit training demonstration; free throw shooting contest for children and adults; a workshop and exhibition by the Illinois Rhythmics, a rhythm gymnastics club from Evanston; a safety awareness walk; entertainment by Medicare 7, 8, 9, a Dixieland Jazz group from Champaign; and the Charleston Junior High School Lady Trojans intrasquad scrimmage.

Saturday's activities will begin at 8 a.m. with a volksmarch, a 10k (6.2 miles) non-competitive walk around the city of Charleston.

Individuals interested in walking may register between 8 a.m. and 2 p.m. at the north end of Lantz Fieldhouse.

A health fair for children will be held Saturday from 10 a.m. to 2 p.m. in Lantz Gymnasium. Activities include meeting Wolfy, the American Cancer Society Quit Smoking Wolf; face painting; poster contest; exercise for toddlers; and juggling and rope jumping.

Other Saturday events include horseback riding, pom-pom and baton demonstrations; camping and survival skills, presented by the EIU Army ROTC; McGruff the Crime Dog; Vince and Larry, the Crash Dummies; bass fishing, horseback riding and scuba diving clinics; an air band contest; and square dance exhibition.

Sunday activities for children include a petting zoo, a costume pet parade/talent contest and a talk on pet health.

As part of the Wellfest activities, a three-day softball tournament will be held in conjunction with a fund drive to cure paralysis.

For further information about the Wellness Fair, persons may call the College of Health, Physical Education and Recreation at (217) 581-6394.