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### 09/20/1991 - Wellfest Offers Activities for All

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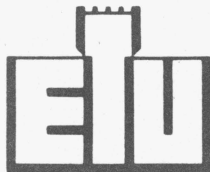
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91-327

September 20, 1991

FOR IMMEDIATE RELEASE:

WELLFEST OFFERS ACTIVITIES FOR ALL AGES

CHARLESTON, IL--Children, teenagers, adults, and senior citizens all have a special place at WellFest '91, a festival of health and wellness for the entire family, Saturday, September 28, at Eastern Illinois University in and around Lantz Building on Grant Street.

There is no admission charge and all activities are free, except for cholesterol screening. Activities start as early as 7 a.m. and conclude at 6 p.m.

Sponsored by Eastern's College of Health, Physical Education and Recreation, the fourth annual Wellfest offers sports activities, demonstrations, food booths, entertainment, health screenings, and information booths for visitors of all ages and interests, according to Carol Pyles, dean of the College.

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Activities for children include an elementary health fair which opens at 10 a.m. on the north balcony of Lantz Gym. Children can participate in entertaining yet educational activities promoting nutrition and safety. Other activities for the younger Wellfest goers include a petting zoo; horseback riding; balloon twisting; gymnastics, juggling, and seat-belt safety demonstrations; toddler exercise; and an ambulance/firetruck display.

Highlights of sports activities for younger and older adults include frisbee golf, a parent-child basketball workshop, basketball freethrow contest, scuba diving, rappelling, canoeing/kayaking, and rifle range shooting.

New this year are hot air ballooning, hang gliding, radar-timed baseball pitching, and a "Chariots of Fire" run that recreates the student race in the Oscar-winning film of the same name.

A doubles tennis tournament, 5K run, a segmented triathalon for amateurs who have never participated in a triathalon, and the popular Volksmarch non-competitive 10K run are also planned.

Special activities for senior citizens include chair dancing, designed for individuals who cannot exercise standing up, and open fishing.

There will also be more than 50 organization and demonstration booths. Several booths offer health screenings, such as cholesterol, hearing, vision, foot, body composition, and pulmonary function. Individuals can also receive a posture analysis and nutritional consultation.

For a complete schedule of events, call the College of HPER at 581-6394. Some events do require pre-registration.