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9-26-1991

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Recommended Citation

University Marketing and Communications, "09/26/1991 - Wellfest Set for Saturday" (1991). *Press Releases*. 1721.

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91-342

September 26, 1991

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FOR IMMEDIATE RELEASE:

WELLFEST SET FOR SATURDAY

CHARLESTON, IL--Eastern Illinois University's fourth annual "Wellfest" will be held Saturday (Sept. 28) 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.

Wellfest offers sports activities, demonstrations, food booths, entertainment, health screenings, and information booths for visitors of all ages and interests.

Activities range from an elementary health fair for children to hot air ballooning for adults, and chair dancing and health fair for seniors.

The event is sponsored by Eastern's College of Health, Physical Education and Recreation. For more information, call the College at 581-6394.