



Village of
Elmwood Park

Elmwood Park Health & Fitness Fair set for October 11

Flu shots available October 6, 5K run steps off October 19

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ELMWOOD PARK – The Village of Elmwood Park is taking steps to help ensure a healthy start to the winter season with a special Health & Fitness Fair scheduled for October 11 from 9 a.m. to 3 p.m. "Get Fit 2014" will take place at the Parks & Recreation Center, 2 Conti Parkway in Elmwood Park.

"This promises to be our best health and fitness fair yet," Village President Angelo "Skip" Saviano said. "There's something for everyone, from kids to seniors."

The Loyola Pediatric Mobile Unit will be on hand to address medical concerns regarding infants through age 21. LaRabida Children's Hospital representatives will address proper car seat installation and safety. In addition, doctors will be on hand for routine physicals, sports physicals, immunizations, vision and hearing screening and asthma care.

"If you have a health or fitness concern, we're prepared to help," Parks & Recreation Director Al Schmidt said. "We'll have experts on hand to discuss nutrition, childhood obesity or screen risk factors for hypertension."

Flu shots will be made available one week earlier on October 6, from 10 a.m. to 1:30 p.m. at the Parks & Recreation Center. The cost for the shots is \$20 or Medicare Part B. The shots are being offered through the Respiratory Health Association of Metropolitan Chicago.

Later in the month, The Village and the Elmwood Park High School Tiger Tear 5K Run and Walk steps off at 9 a.m. on October 19 at Elmwood Park High School, 8201 Fullerton Avenue in Elmwood Park. To register please visit www.runrace.net.

"Coming a week after the Chicago Marathon, this will be a perfect opportunity for runners who are looking for something slightly less challenging," Saviano said. "It's a great way to get some exercise and benefit the Village and the Elmwood Park High School Athletic Boosters at the same time."

More information is available at the Village's website or by calling 708-452-7300.