



# Press Release

PR20 – 003

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## **HEALTHY HILLS HEALTH & WELLNESS FAIR JANUARY 25**

Chino Hills, CA – The City Chino Hills' Healthy Hills initiative is hosting the annual Health and Wellness Fair on Saturday, January 25, from 10:00 a.m. to 12:00 p.m. at the Chino Hills Community Center, 14250 Peyton Drive. The event is free and offers something for all ages. Local businesses and vendors who offer resources, programs, or partnerships that promote a healthy lifestyle will provide information about fitness, nutritional guidance, healthcare services and insurance, how to age well, financial health, and much more.

Vendor spaces are available and applications will be accepted until all spaces are filled. Interested vendors should visit [www.chinohills.org/HealthFair](http://www.chinohills.org/HealthFair) for an application.

A variety of activities, demonstrations, and vendor booths will be stationed both inside and outside of the building. The City's Mobile Recreation van will be on site with free games and activities for children. Instructors from the City's Recreation programs will demonstrate how residents can have fun and be active by participating in local classes. Free health screenings include: blood pressure check, Body Mass Index testing, overall health screening, and a spinal check. Seniors can receive a Bone Density screening. For additional information, please visit [www.chinohills.org/HealthFair](http://www.chinohills.org/HealthFair), or call (909) 364-2733.

List of participating vendors: Chino Valley Unified School District Drug Prevention Awareness, Mobile Recreation, Youth Sports, San Bernardino County 4<sup>th</sup> District Supervisor Curt Hagman, Chino Valley Fire District, Active Adults Programs, City of Chino Hills Water Conservation, Excel Family Optometry, United Healthcare, Upland Dental Implant and Ortho, Bo Li Health Service, Brio Home Health Hospice, Your Dreams and Goals, Humana Health Plan, and Orangetheory Fitness.

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