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7th Annual Community Health Fair to Take Place Saturday, April 27



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The City of Perris' upcoming 7th annual Health Fair features live music, physical fitness demonstrations, free health-screenings, a rock-climbing wall, musical performances, the opportunity to harvest healthy produce, a challenge to create the best romaine lettuce salad and lots of free prizes including t-shirts, bicycles and other goodies.

The 2019 Health Fair will feature an 80's fitness theme to follow the Perris Elementary School District Fun Color Run.

Public Health Supervisor Crystal Lopez said the City hopes to bring in great opportunities for residents to receive free health screenings, educational resources as well as fun activities at the kids' corner, fitness classes in the gym and free giveaways.

Physical-fitness classes will comprise a major part of the Health Fair. Those include taekwondo, dance fitness, crossfit, strength-training, boot-camp type exercises, as well as a fitness competition between our Riverside County Sheriff's Explorers and Riverside County Fire Explorers.

Musical entertainment will be provided by BIG—Brothers Igniting a Groove. The Perris Green City Farm will be open for residents to harvest lettuce, broccoli, celery and other produce at little or no cost. Tips from Master Gardeners will instruct green thumbs about how to germinate seeds. In addition to bicycles other giveaways that support a healthy and active lifestyle.



Lopez said the City's 7th health fair also has enjoyed record sponsorship from agencies, schools and businesses wanting to show their support for the ongoing Live Well Perris healthy-eating active-living campaign.

To date, more than \$16,000 in monetary and in-kind donations have been received.

"We're very excited," Lopez said. "We've reached a record with our sponsorships and interest continues to grow. We're always looking forward in getting our residents to come out to the fair and participate in the offered activities that promote health and fitness. This year, we are also excited to partner with Perris Elementary School District who will host their 10th Annual Fun Color Run which will provide a fun twist to their annual fun run."

The health fair takes place April 27 9:30 a.m. to 1:30 p.m. at the City Campus, 101 North D Street.



The Fun Color Run draws hard-core runners, weekend joggers, walkers and stroller-pushers who wind their way through the course. The top runners usually complete the run in under 16 minutes.

Pre-registration is available for the run but same-day registration will be available beginning at 7 a.m. That's the same time San Jacinto Boulevard between Perris Boulevard and D Street will be closed to traffic.

A "Tot Trot" for the smallest youngsters begins at 7:55 a.m. followed by the Fun Color Run which takes off from the starting line at 8:15 a.m. Awards will be presented at 9:30 a.m.

Visitors are encouraged to stop by health-screening stations in the Bob Glass Gym and mobile vans. Raffle tickets will be available outside the gym. Residents who share the City's social media post that will be uploaded the day before the health fair and present a screen-shot at the raffle booth will receive an additional ticket to win a prize. Financial support from Health Fair sponsors paid for many of the raffle prizes.

"The City of Perris cares about its residents and encourages them to live a healthy and active lifestyle," Lopez said. "We are excited to bring the health fair to our community because health matters."

City of Perris
2019 HEALTH FAIR
+ PESD
5K FUN COLOR RUN
Saturday, April 27
9:30 am - 1:30 pm
101 North D St.
FREE. HEALTH SCREENINGS. ENTERTAINMENT. GIVEAWAYS

PERRIS ELEMENTARY SCHOOL DISTRICT
10TH ANNUAL 5K FUN RUN
 Registration: 7:40 a.m. – 7:55 a.m.
 Tot Trot Race: 7:55 a.m. – 8:10 a.m.
 5K Race: 8:15 a.m. – 8:45 a.m.
 Reception/Awards: 8:45 a.m.
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SPONSORS: Aleshire & Wynder, Cardenas, Western Community Energy, Perris Auto Speedway, CRSR, PopeYes, NRG, NCHS, Tri Lake, Louisiana Kitchen, ASPWAT.



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