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The 6th Annual Health Fair is Just Around the Corner!



Perris City Manager Richard Belmudez, Health Fair Coordinator Crystal Lopez, Director of Administrative Services Isabel Carlos and Assistant City Manager Darren Madkin pop wheelies on some of the bicycles that will be raffled off during the 6th Annual Health Fair on April 21. Event sponsorship funded the bicycles.

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Forty-three shiny bikes of all styles, colors and models, from tyke to child to adult.

Beats by Dr. Dre, Apple and Samsung Watches, an elliptical, a treadmill, yoga and hiking-related equipment, Disneyland tickets.

The 6th annual City of Perris Health Fair includes all sorts of fantastic prizes waiting to be won by residents and visitors talking part in the April 21 event at the City Hall Campus, 101 North D Street.

The health fair also includes health-screenings for high-blood pressure and glucose readings and dental, vision and body-mass checks.

Information about how to combat diabetes and high-cholesterol and other diseases also will be available.

Physical-fitness demonstrations comprise a major part of the Health Fair. Those include taekwondo, soccer, step-classes, pound, dance fitness and boot-camp type exercises. Perris City Councilwoman Tonya Burke will lead a high-intensity 20-minute Zumba lesson.

Mayor Michael Vargas will judge the Romaine-lettuce challenge as students from several City schools concoct their unique versions of his favorite appetizer.

The day's activities also include a climbing wall, foosball challenges and an obstacle course for kids. Music will be provided by the R&B and funk-music group Brothers Igniting a Groove.



Boys and girls, kids and adult bicycles will be raffled off during the April 21 Health Fair.

Health Fair Coordinator Crystal Lopez said the day's activities continue the ongoing Live Well Perris healthy-eating active-living campaign.

"The City of Perris cares about its residents and encourages them to get fit and stay fit," Lopez said. Lopez. "We are excited to bring the health fair to our community because health matters."

The City once again is partnering with the Perris Elementary School District on a 5-K "Fun Run" through Downtown Perris. This event draws hard-core runners, weekend joggers, walkers and stroller-pushers who wend their way through the course. The top runners usually complete the run in under 16 minutes.

About 250 runners have pre-registered 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 8 a.m. followed by the Fun 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 inside 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 fair is a great way to get out of the house, get active and learn more about how to get healthy—and remain that way," Lopez said.



Perris City Hall
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