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Perris is Ready for the Annual Community Health Fair



Perris Interim Assistant City Manager Darren Madkin, City Manager Richard Belmudez, Assistant Director of Administrative Services Isabel Carlos and Health Fair Coordinator Arcenio Ramirez are pictured with some of the bicycles that will be raffled during the April 22 City of Perris Health Fair.

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The plans have been made, the routes laid out, the volunteers and City staff know their assignments and the clock is ticking.

Everything is ready for the April 22 City of Perris annual health fair, which once again takes place in cooperation with the Perris Elementary School District's yearly 5k "Fun Run" and the 24-hour Relay for Life, sponsored by the American Cancer Society.

City officials and their partners expect thousands of residents and visitors to take in the day's activities at the City Hall Campus, 101 North D Street.

Festivities begin at 8:30 a.m. with the start of the "Fun Run" through Downtown Perris streets. At 9 a.m. opening ceremonies take place for the annual Relay for Life. The opening includes moving comments from cancer survivors, those battling the disease and supporters who donate their time, treasure and talent to ultimately defeat cancer. The relay takes place in Foss Field Park on the City Hall Campus.

At 10 a.m., Mayor Michael Vargas and other members of the Perris City Council will kick off the health fair, which includes screenings to detect high-blood pressure, high-cholesterol and other potential medical conditions, a kids play area, musical entertainment, Zumba demonstrations and other fun activities. About 75 bicycles and helmets will be raffled off near the end of the health fair.

Perris City Manager Richard Belmudez said the fair continues the City's Live Well Perris campaign.

"We are proud of our health fair because it reaches so many residents and provides them with the information and incentives to improve their health," Belmudez said. "It reaffirms our City's commitment to healthy-eating and active-living through exercising and making more informed dietary choices."



The City of Perris will raffle off at least 75 bicycles, including those pictured here, during the 5th annual Health Fair on April 22.

Praise for Perris

Perris Elementary School District Superintendent Vince Ponce said the partnership with the City has raised the profile of the Fun Run.

"We are thrilled working with the City," Ponce said. "The support of Perris has elevated our Fun Run to one of our district's signature events. The run started out small and now has grown into a large community event. It's a great day for our kids, their parents and the entire Perris community."

Cathi Hill, community manager for Relay for Life, expressed similar sentiments. She called the City a "phenomenal partner," noting Perris donates the use of its park, lights, portable restroom facilities and water to support the relay.

Hill said the event not only raises funds for research but also for education efforts to help with early detection and treatment options.

She gave a huge shout-out to Perris Auto Speedway promoter Don Kazarian, who has raised more than \$130,000 in the last 13 years. Walmart is another major supporter of the Perris Relay for Life.



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