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Perris Officials Promote Health Fair

Perris elected officials used this week's City Council meeting to urge residents to mark their calendars and spend some time April 23 at the community's Fourth Annual Health Fair.

There's no better place to learn healthy cooking tips, get screened for high-blood pressure, body-mass index, varicose veins, skin ailments and other medical conditions.

The health fair also features musical and dancing demonstrations, a kid's area with climbing wall and carnival games, a Zumba class led by City Councilwoman Tonya Burke, raffles of more than 60 bicycles and tickets to area recreational venues like the DropZone Waterpark and Perris Auto Speedway.

The health fair takes place April 23 from 10 a.m. to 2 p.m. at the City Hall Campus, 101 North D Street, and continues the successful Live Well Perris healthy eating, active living campaign, which has garnered national, state and regional accolades.

The day's activities begin with the seventh annual 5-kilometer "Fun Run," sponsored by the Perris Elementary School District, which takes off at 8:30 a.m. Then the American Cancer Society's 14th annual 24-hour "Relay for Life" commences with opening ceremonies at adjacent Foss Field Park at 9 a.m.



Perris Mayor Daryl Busch (right) leads cancer survivors in the opening lap of the 2015 Relay for Life at Foss Field Park on the City Hall Campus. This year's Relay for Life takes begins April 23 at 9 a.m. and continues for 24 hours.

The City presented a proclamation in support of Relay for Life to Bob McGinty and other American Cancer Society representatives at its April 12 City Council meeting.

McGinty, a three-time cancer survivor, said the partnership with the City has raised the profile of the Relay for Life. He and other cancer survivors, including Mayor Daryl Busch, will lead participants in the opening lap around Foss Park.

"Live Well Perris has been a great partnership for us," McGinty said. "Your staff has been great to work with. We can't thank the City of Perris enough for its support."

Perris City Manager Richard Belmudez will welcome the crowd at the health fair with opening remarks. The day's activities conclude with the raffling of more than 60 bicycles and other prizes.

Busch said the health fair and related activities offer something for everyone. The Fun Run promises the chance to get a little exercise or, if someone is a dedicated athlete, to try to compete with the high-school track stars that usually finish first. The Relay for Life is uplifting and inspiring. The Health Fair provides many tips about eating, exercise, weight loss and nutrition.

"Every year the day keeps getting better and better," Busch said. "It's a great benefit to the community and that becomes evident by the large numbers of people who show up."

Mayor Pro-Tem Rita Rogers urged residents to take advantage of the medical screenings, which have been expanded this year to include checks for varicose veins and skin cancer, along with blood-pressure, cholesterol and body-mass index.

"There's lots of activities for everyone and I am looking forward to another great time in the City of Perris," Rogers said.



Perris Mayor Daryl Busch presents a proclamation in support of the 14th Annual Relay for Life to three-time cancer survivor Bob McGinty during this week's City Council meeting. With McGinty are his wife, Kay, and event volunteer Mike Behrens.

City Councilwoman Tonya Burke will lead a Zumba class. She also noted that the Health Fair features the unveiling of the Green City Farm Project Community Garden, which features produce like lettuce, peppers, strawberries and herbs and other produce grown in a variety of water-saving high-yield methods.

"This City is taking the lead when it comes to improving the health of its residents," Burke said. "We are head and shoulders above other cities in this region."

City Councilman David Starr Rabb he is pleased Perris is "committed to healthy living."

"One of the challenges is getting people to buy into a healthy lifestyle," he said. "Perris is well on its way to becoming a healthy living community."

City Councilman Mark Yarbrough said the Health Fair, Fun Run and Relay for Life make for a fun day of fun, exercise and reflection. Yarbrough said he will be walking in the Relay during the night time, when luminarias lighted to honor those claimed by cancer create a moving and haunting glow, one not easily forgotten.

"This is an important day for the City," he said. "The three events on our campus make it a win-win-win for Perris and its residents."

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