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**EVENT PROMOTION PRESS RELEASE SAMPLE**

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PRESS RELEASE

Contact: Christie Smith, Lexington Senior Center Manager

Phone: 336.236.3023

Christie.Smith@DavidsonCountyNC.gov

**Check up on your health at the Senior Services health fair**

Lexington, NC - Davidson County Department of Senior Services Senior Dynamics program in conjunction with other local health agencies is hosting a Health & Wellness Fair from 9:00-11:00 a.m. March 31 at the Lexington Senior Center located at 555-B West Center St. Ext.

This is a free health fair for Davidson County residents 55 and older.

The fair will consist of blood pressure checks, physical therapy and balance testing, diabetes information along with glucose testing, vision screenings, BMI calculations and more. Free “mini” massages will also be provided by a Certified Massage Therapist. Several informational booths will also be providing health and wellness tips. You don’t want to miss out on these great opportunities to check up on your health to continue to live well. This event also qualifies as stamp worthy for the Passport to Better Health program.

Senior Services, a division of Davidson County Government, was established in 1975. The organization’s mission is to offer an array of programs and services to older adults regarding their well-being, independence, involvement in their community and the ability for them to remain in their own home.

Preregistration is required by March 30. For more information or to register, please call 242-2290 or email [stefanie.poore@davidsoncountync.gov](mailto:stefanie.poore@davidsoncountync.gov).

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If you would like more information about this press release or to schedule an interview with Christie Smith, please contact Thessia Everhart-Roberts at 336.242.2290 or email Thessia.everhart@davidsoncountync.gov