

### Lantana Square Health and Fitness Fair Saturday, June 21: 10 a.m. – 3 p.m.

Fun for the whole family... All proceeds will go to Selected Non-Profit Groups

# Hosted by Hockessin Urgent Medical Care HELP US KICK OFF THE SUMMER OF 2003 WITH...

- Live radio broadcast by WJBR 99.5
  - Fun and games for the kids
- Kids "R People 2" craft and fun tent
  - Balloons, kites, face painting
- Cotton candy, snow cones, popcorn...
  - · Clowns, magician, characters
- Fire Engine, State Police K-9 and Motorcycle
- Lantana Shopping Spree and The Fair Raffle...



### AND FOR YOUR HEALTH AND FITNESS...

- Seatbelt, helmet and sport safety tips
  - Asthma and allergy education
- Free screening for blood pressure, cholesterol, diabetes, stroke, and heart attack risk...
  - Education on diabetes, heart attack risk...
- Complimentary fitness planning and self defense classes
- Free computerized posture evaluation and spinal screen
- Information about Cancer screening and prevention for skin, breast, colon, and prostate cancers
  - Acupuncture and meridian graphing
    - Health and pet safety

## AND MUCH MORE... Rain Or Shine...

#### Sponsors include:

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Korean Martial Arts Institute
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Lantana Veterinarian
Mid-Atlantic G.I. Consultants, P.A
Orthopaedic Specialists, P.A.
Papastavros' Associates Medical
Performance Physical Therapy
& Fitness Ctr.
Pro-Physical Therapy

Salon by Dominic



#### Non-Profit Groups Benefiting From The Fair:

Alzheimer's Association of DE American Cancer Society American Diabetes Association American Heart Association American Lung Association Blood Bank of Delaware Delaware Humane Society Delaware Stroke Initiative

Lantana Square Shopping Center Rt. 7 (Limestone Rd) & Valley Rd. Hockessin, DE 19707





