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## **FAMILIES, INDIVIDUALS ENCOURAGED TO BE ACTIVE AND HEALTHY AT THE SEMINOLE COUNTY DAY OF UNITY**

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**Sanford, Fla.** – No Limit Health and Education in association with The Florida Department of Health in Seminole County (DOH-Seminole) will host the Third Annual Seminole County Day of Unity and Take a Loved One to the Doctor Day event. Residents and visitors in Seminole County are invited to experience a variety of activities and learn more about ways families and individuals can live a healthier lifestyle.

The free event will take place on Saturday, October 17, 2015 from 2 p.m. to 6 p.m. at Fort Mellon Park, 600 East First Street, Sanford, Florida. A total of 25 vendors will be present to disseminate community resources. The event will also include live entertainment, games, backpack giveaway, and a bike and tablet raffle. For more information, contact Pernel Bush at [SanfordUnity@gmail.com](mailto:SanfordUnity@gmail.com).

McCarrell Enterprise is the platinum sponsor for this year's event. Since the start of 2013 McCarrell Enterprise has focused on personal training and nutrition certification courses in Orlando.

"The Seminole County Unity Committee is comprised of Kashif Vallot, Carl Buford, and myself. We are excited to collaborate with the Florida Department of Health in Seminole County to host the Third Annual Seminole County Day of Unity and Take Your Loved One to the Doctor Day event," said Pernel Bush, President and CEO of No Limit Health and Education. "Unity is strength. Wonderful things can be achieved with teamwork and collaboration."

In 2013, the Seminole County Unity Committee was established to expand the reach of nonprofit organizations within and around Seminole County and to provide a resource for residents that will continue to empower their development and advancement. Last year's event was attended by more than 400 residents and visitors.

"Take a Loved One to the Doctor is a national campaign encouraging people to take charge of their health and then encourage their loved ones to do the same," said Dr. Swannie Jett, Health Officer for DOH-Seminole. "This event is a call to action for families and individuals to reclaim their health and continue to make progress toward unity in Seminole County."

Visit [seminolecohealth.com](http://seminolecohealth.com) for more information. The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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