

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

**FOR IMMEDIATE RELEASE**  
March 18, 2015

Contact: Mirna Chamorro  
407-858-1418

## HEALTH AND WELLNESS FAIR

**SANFORD** - In an effort to encourage Seminole County residents to live a healthier lifestyle the Ladies of Sanford Alumnae Chapter of Delta Sigma Theta Sorority, Inc., in partnership with the Florida Department of Health in Seminole County and other community partners, will host a Health and Wellness Fair. The inaugural Health and Wellness Fair will be held on Saturday, April 4, 2015 from 11 a.m. to 2 p.m. at the Florida Department of Health in Seminole County located at 400 West Airport Boulevard in Sanford.

“The health of Seminole County starts with everyone taking the initiative to make healthy choices and to get regular checkups,” said Dr. Swannie Jett, health officer of the Florida Department of Health in Seminole County. “It is also important for the community partners to come together to ensure everyone has access to live healthy lives, and the health and wellness fair will increase awareness of the available resources in the county.”

The theme of the event is *Feed Your Mind, Change Your Body, Improve Your Life*, and it has the goal to encourage residents and visitors to become more physically active and eat healthier as part of the State Surgeon General’s “Healthiest Weight” initiative. Attendees can enjoy free health screenings, health information, healthy snacks, healthy samplings, a kid’s zone, and fun activities such as face painting, a hula hoop contest, Zumba, Yoga, Martial Arts and much more. Also, there will be lots of give a-ways for individuals who participate in the free health screenings. Light refreshments will be served.

For more information, visit [www.seminolecohealth.com](http://www.seminolecohealth.com).

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**Florida Department of Health in Seminole County**  
**Dr. Swannie Jett, DrPH., Health Officer**  
400 West Airport Blvd., Sanford, FL 32773  
PHONE: 407-665-3000  
[www.seminolecohealth.com](http://www.seminolecohealth.com)

**www.FloridaHealth.gov**  
TWITTER:HealthyFLA  
FACEBOOK:FLDepartmentofHealth  
YOUTUBE: fldoh