

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

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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.

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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

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