

# 'Fit in Six'

## Health and Wellness Day



**Date:** September 17, 2011  
**Time:** 11:00 am-3:00 pm  
**Market Square (Downtown)**



Councilman R. Daniel Lavelle

**Contact Person:**  
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Councilman Lavelle invites you to a day to obtain information on health issues and how to live a healthier life. Come enjoy what's offered:

- Informative health sessions
- Physical activities
- Food demonstrations and sampling
- Entertainment
- Prizes and giveaways
- And More...