



COUNTY OF SAN DIEGO NEWS RELEASE

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MEDIA ADVISORY

MOUNTAIN EMPIRE WELLNESS FAIR TO FOCUS ON HEALTHY LIFESTYLES

Free Community Fair Scheduled at Mountain Empire High School on May 18th

WHO: County of San Diego Health and Human Services Agency
Mountain Empire School District Wellness Council

WHAT: Mountain Empire Community Wellness Fair

WHEN: 5:00 p.m. to 7:00 p.m.
Thursday, May 18

WHERE: Mountain Empire High School
3305 Buckman Springs Road, Pine Valley

WHY: The San Diego County Health and Human Services Agency (HHSA) and the Mountain Empire Wellness Council have teamed up to sponsor an interactive community festival called "It's How We Live!" "It's How We Live," is a series of free and fun health events. The fair will feature health information and community resources in a fun atmosphere that includes a nutrition decathlon, a rock climbing wall, an Astro-jump and live music. Free healthy food snacks and drinks will be offered along with various health screening tests for the entire family. Some of the exhibitors include the Mountain Empire Fire Department, the San Diego County Sheriff's department, the Southern Indian Health Council, the Mountain Health and Community Services and various community agencies.

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