



## CITY OF TEMPLE TERRACE NEWS RELEASE

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### FOR IMMEDIATE RELEASE

### *CITY TO HOST COMMUNITY WELLNESS FAIR*

**TEMPLE TERRACE, FL. – (4/19/10)** – Temple Terrace will host its second annual *Community Wellness Fair* on Saturday, April 24, 2010.

The event is 10 a.m. to 2 p.m. at the Family Recreation Complex, 6610 E. Whiteway Drive. It is free and open to the public. No recreation membership is required.

More than 30 businesses, organizations and vendors will be on hand to provide information on fitness, health, stress management, weight management, mental health care and other topics. Health-care workers from Tampa General Hospital will be offering free cholesterol, diabetes and blood-pressure screenings.

The event also offers area residents a great opportunity to learn about the fitness classes, exercise programs and other health-related activities offered at the Family Recreation Complex. It's a great time to sign up for a membership and get into shape for the summer.

The event is hosted by the Temple Terrace Leisure Services Department. Major sponsors include Tampa General Hospital, The UCH Sleep Center and the Tampa Pain Relief Center.

For more information call (813) 506-6600.

*“Together we can build a healthier community.”*

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