



July 11, 2011

Contact: Lisa Heath
Southside Senior & Community Center
509.535.0803

SUMMER HEALTH & WELLNESS FAIR

Southside Senior & Community Center

EDITOR'S NOTE: Please see attached flyer for more information.

SUMMER HEALTH & WELLNESS FAIR
Southside Senior & Community Center
3151 E. 27th Friday July 15th 9am – 2 pm, 509.535.0803

\$1 admission, Music by Little Moe Music
Movin' Activities
9:30 Dr. Grave Naturopath
10 FREE Zumba in the Park
12 pm Phyllis Stephens from KXLY "Gardening Expo"
All day massage and health screenings

Check out our booths: acupuncture, food, Costco, YMCA, skin care, drawings, prizes, chiropractic, animal, fitness, photo, holistic health, pharmacy and much, much more!

About Spokane Parks and Recreation

City of Spokane Parks and Recreation is responsible for the professional management and prudent caretaking of more than 4,100 acres of developed parks and conservation land. The Golf Division maintains and operates four championship municipal golf courses, including Indian Canyon, Downriver, Esmeralda and the Creek at Qualchan. Park Operations has responsibility for

the maintenance of all park land and park facilities in the City of Spokane including Riverfront Park, Manito Park, Gaiser Conservatory, the many city-wide gardens, and Finch Arboretum. Urban Forestry staff manages 50,000 street trees and another 28,000 trees on developed park land within the City of Spokane. The Recreation/Entertainment Division offers classes, special events, athletic leagues and activities for youth, teens, adults, seniors and persons with physical and mental disabilities. It also operates Riverfront Park attractions, activities and events, and provides support for community centers, senior centers, the Northeast Youth Center, Corbin Art Center and six outdoor aquatic centers. For more information please visit www.spokaneparks.org

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