

Come to the LiveWell Expo: Family Fun and Better Health

Back in the day, we shared time with our neighbors. We traded hints and gleaned wisdom from those who knew what we didn't. Our children played together and learned to interact with others through our example.

It's a different world now. We drive away from our neighborhoods each weekday and leave for mini-vacations on the weekends. In the process, we've lost a bit of ourselves and the joys of simple living.

The LiveWell Expo, Saturday, June 5th in O'Fallon, Mo., is a first step in an effort to promote good nutrition and better health in our area.

Through a grant from the Centers for Disease Control, the National Recreation and Parks Association and Prevention's "Healthy Living" program, a panel of community and health-based groups has organized this day-long, free festival.

The LiveWell Expo will be held on the grounds of the Renaud Spirit Center, 2650 Tri Sports Circle, from 10am-4pm. Its "county fair" atmosphere will provide a wholesome family day.

Eat, Grow and Play Your Way to Better Health

All ages and every interest will find something to enjoy at the LiveWell Expo. Dozens of healthful lifestyle advocates will provide great tips and solutions to everything from cooking to the latest exercise craze. Among the activities planned:

- Want your own fresh vegetables all year long? Representatives from the University of Missouri Extension Center will give info on creating a successful backyard garden and demonstrate basic food preservation techniques.

- Your kids will have a blast at the Expo. A Kids' Zone, featuring a bounce house and other physical activities, will give them a day in the sunshine.

- Progress West Healthcare Center will provide various screenings and medical information.

- Fitness demos will show fun ways to give your heart and body a workout. All levels of fitness will enjoy a variety of classes that can jumpstart a home exercise program.

- Hands-on cooking with area chefs, food samplings, and "this, not that" dietary tips will be featured throughout the day in the food demonstration tent.

Enjoy a Day With Family And Friends

At O'Fallon's LiveWell Expo, your family will spend a great day together, learning simple steps to make those little changes that can mean a longer, healthier life for yourselves, your family and your community.

For more info:
livewellofallon@gmail.com

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 all home games
 May thru September 2010

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 American Cancer Society
 Throughout the summer
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