

Notification of News Release

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FOR IMMEDIATE RELEASE

Wellness Expo Kicks Off Community-Wide Wellness Initiative

(MONTGOMERY, Ohio) – On March 13, from 9:00am to 2:00pm, the City of Montgomery kicks off “Get Moving Montgomery,” a new city-wide wellness initiative, at TriHealth Pavilion located at 6200 Pfeiffer Rd. The Wellness Expo will feature a variety of health screenings, (functional movement, Derma scan, glaucoma pressure, bone density, blood pressure, flexibility, body composition), demonstrations, free services, great information about personal health the whole family can use and a chance to sign up for the “Get Moving Montgomery” program.

The City of Montgomery is collaborating with TriHealth Fitness and Health Pavilion to offer a community wellness initiative that is flexible enough to have options for all ages, diverse enough to appeal to a variety of interests and supportive enough to encourage people to stick to their commitments and make lasting life changes. Those Montgomery residents who join the program participate in designated activities, track the activities and receive recognition and awards!

Participants will receive special discounted membership rates, expertise and experience from instructors, discounted or free wellness programming, and through March at the Pavilion, a low enrollment fee of just \$30 for an individual family.

The first step is to get registered on March 13 at the Wellness Expo. Then get started! Go to www.montgomeryohio.org for more details, registration forms and list of activities.

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