

**FOR IMMEDIATE RELEASE**

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## **HIGH POINT PUBLIC LIBRARY TO HOST FREE HEALTH AND WELLNESS FAIR**

**HIGH POINT, N.C. (June 12, 2017)** – The High Point Public Library will host a free Health and Wellness Fair on Tuesday, June 20 from 10:00 a.m. to 1:00 p.m. in the Library lobby and the Morgan Community Room.

Health professionals from various health services and organizations will be available to provide screenings, and in the final hour of the event there will be demonstrations and discussions for attendees to participate in, including Zumba from noon to 12:15 p.m., a discussion on cancer prevention and awareness for both men and women from 12:20 p.m. to 12:45 p.m. and a demonstration of PiYo, a combination of Pilates and yoga, from 12:45 p.m. to 1:00 p.m.

The event is free and open to the public, and screenings will be performed on a first-come, first-served basis. No preregistration is required. The High Point Public Library is located at 901 N. Main Street. For more information, contact Research Associate Maxine Days at 336.883.3671 or [maxine.days@highpointnc.gov](mailto:maxine.days@highpointnc.gov).

*The High Point Public Library is committed to nurturing the joy of reading, sharing the power of knowledge, strengthening the sense of community and enhancing cultural and economic vitality. The library is a department of the City of High Point.*

*The City of High Point aims to serve as the catalyst for bringing together the community's human, economic and civic resources for the purpose of creating the single most livable, safe and prosperous community in America. For more information on the City, visit [www.highpointnc.gov](http://www.highpointnc.gov).*

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