



FAIRFIELD CHAMBER OF COMMERCE

In partnership with the Town of Fairfield



FAIRFIELD HEALTH & FITNESS 2019



EXPO

 5th Annual Community Wellness Event

MARCH 16

11am - 4pm

Fairfield University
RecPlex



Fairfield
UNIVERSITY

1073 N. Benson Road
Fairfield, CT 06824

HEALTH, FITNESS AND FUN FOR THE ENTIRE FAMILY!

Free! OPEN TO THE PUBLIC

- **60+ EXHIBITORS** providing information and services for all ages
- **SCREENINGS:**
 - Blood Pressure & Glucose
 - Stress Assessments
 - Foot and Vein Screenings
 - Chiropractic Screenings
 - And More!
- **PRESCRIPTION DRUG TAKE BACK PROGRAM** operated by Fairfield Police Dept in partnership with Fairfield Community Cares Coalition. Drop off your expired or unused prescription drugs safely.
- **HANDS-ONLY CPR & AED TRAINING** Not a full certification course., but anyone can learn to help save a life in just 15 minutes!
- **Free Lecture Series** Limited seating. Come early!
- **FITNESS DEMOS**
- **COMFORT DOG** *Dakota* from Fairfield University
- **VIRTUAL REALITY DEMENTIA SIMULATION**
- **FOOD TRUCKS**

Interested Exhibitors and Sponsors can contact the
Fairfield Chamber of Commerce
203.255.1011 www.FairfieldCTChamber.com

FOR THE KIDS!

- Children's activities organized by Fairfield YMCA
 - Crafts & Face Painting
 - Touch-A-Truck
 - **SHAMROCK RUN CHALLENGE**
for kids coordinated by *SoundRUNNER*
- Kids 5-12 years old welcome!



For more info - <http://bit.ly/ShamrockFunRun>

soundRUNNER®

