

For Immediate Release

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Union West Regional Library Health & Fitness Fair

INDIAN TRAIL, May 7, 2019 - The Union West Regional Library, located at 123 Unionville-Indian Trail Road in Indian Trail will be hosting a health & fitness fair on Saturday, May 18 at 2 PM. This is a family event to be enjoyed by all in the Union County community.

Luis Pérez, a certified personal trainer with LTP, is teaming up with a group of professionals to bring cutting edge information on fitness, CBD oil benefits, flu prevention and general wellness to all those in attendance.

At 2 pm Mr. Pérez will conduct a seminar on how to maximize your time and your results by working out at home with minimum equipment. From 2:30 to 3:00 pm Carolina Pharmacy will be answering your questions about the flu and how to prevent it. Maureen, from Your Wellness Coach, will talk about self-care general tips, better eating, and achieving life/work balance at 3:30 pm.

Dennis Joyner, Public Health Director over the Division of Public Health with the Union County Human Services says of this initiative by the Union West Regional Library: "*[It is] a good opportunity to raise public awareness about the various aspects of maintaining healthy lifestyles.*"

Beside the informative presentations, as time allows, attendees will have the opportunity to obtain a free body composition test sponsored by Partner MD and/or a complementary chair massage from Duncan Massage.

Along with raffling Activity Trackers by Whoop.com and one gift card for five meals by 212 Meals, a representative from ArchitecSports will be on site answering questions about physical therapy. Topping this great health promoting event, CLT Nutrition will be providing free samples of shakes and teas.

For more information please call 704-821-7475, ext. 3 or email oscar.ortiz@unioncountync.gov.

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About Union County Public Library

The Union County Public Library is a free provider of information for the people of Union County, North Carolina. With 4 location throughout the county, the Library offers free materials, computer access, classes, programming and more to everyone from babies to scholars. The Union County Public Library serves more than 500,000 patrons who come through its doors annually and who use its resources at www.unioncountync.gov/library.

