



News Release
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Contact: Courtney Fadjo
(619) 685-1175 ext. 293
CFadjo@arc-sd.com

TAKING STRIDES TOWARD A HEALTHIER LIFE

EL CAJON, CALIF. – The Arc of San Diego’s East County Training Center announces the 4th annual Health & Wellness Fair on Thursday, October 15, 2009 from 10 a.m. to 2 p.m. at the center’s 1374 East Lexington Avenue location in El Cajon. The fair promotes healthy living, daily exercise, stress management, good nutrition and weight control. There will be opportunities to participate in health screenings at the event and free health literature and giveaways will be available to attendees.

The fair has a variety of highlights including a 10,000 Steps Energy Walk, a presentation by returning gifted speaker, author and healthy lifestyle advocate Dr. Nick Yphantides, exhibitor booths with giveaways for participants, and refreshments featuring healthy snacks.

The Health & Wellness Fair will kick off with the Energy Walk at 9 a.m. At 11:00 a.m. Dr. Nick will share his amazing weight loss story that includes a 38,000 mile pilgrimage across the United States, discuss his “7 Pillars of Weight Loss and Maintenance,” provide insight into stress management techniques, and emphasize the importance of Brain Health by “exercising the mind and body.” For more information about Dr. Nick please visit www.healthsteward.com.

The Arc of San Diego, the largest, most comprehensive provider of services to people with disabilities in San Diego County, was founded in 1951 by parents concerned about the lack of services for their children. **The Arc of San Diego’s East County Training Center has been serving the community for 50 years and provides nearly 25,000 service hours each year to program participants.**

For more information, please contact Mike Wasyliv or Nancy Willis at (619) 444-9417 or mwasyliv@arc-sd.com. For more details on The Arc of San Diego, please visit www.arc-sd.com.

