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‘Spring Into Health’ at Jungle Jim’s festival

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By Hannah Poturalski

Staff Writer

FAIRFIELD — A free day of health screenings and nutritious food samples will be held Saturday at Jungle Jim’s.

The annual Spring Into Health fair will be from 11 a.m. to 4 p.m. Feb. 28 in the Oscar Event Center at the Jungle Jim’s location in Fairfield.

In the spirit of helping to maintain New Year’s resolutions to be healthier and take better care of your body, the health and wellness fair will include health care professionals from Mercy Health – Fairfield Hospital and food industry specialists to answer questions and provide new ways to make positive lifestyle changes.

Mercy Health – Fairfield Hospital will provide health screenings throughout the day, including cholesterol and blood sugar, blood pressure, lung capacity testing and bone density.

Jungle Jim’s vendors will be sampling delicious options for all varieties of diets and lifestyles.

Admission is free for the health and wellness fair that began three years ago as Weekend of Wellness. The event was renamed Spring Into Health last year. About 700 people are expected to attend the event.

HOW TO GO

What: Jungle Jim’s Spring Into Health Festival**When:** 11 a.m. to 4 p.m. Saturday, Feb. 28**Where:** Oscar Event Center at Jungle Jim’s, 5440 Dixie Hwy., Fairfield**What:** Health and wellness fair with free health screenings and healthy food samples**Cost:** Free**More info:** www.junglefests.com

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