



Jeb Bush
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Secretary, Department of Health

PINELLAS COUNTY HEALTH DEPARTMENT

Thursday, October 27, 2005

FOR IMMEDIATE RELEASE

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Huff-n-Puff Fitness Expo to Promote Health and Fitness for People with Physical Disabilities

EVENT: Huff - N - Puff Adaptive Fitness Expo

DATE: Saturday, November 5, 2005

TIME: Registration begins at 9 a.m.; Events 10 a.m. – 3 p.m.

LOCATION: Boca Ciega's Millennium Park: A Pinellas County Park at 12410 74th Ave N., Seminole, FL. (The event will be held in the area surrounding shelters #6 & 7)

SPONSORS: Steps to a Healthier FL-Pinellas, Pinellas County Parks, the Caring and Sharing Center for Independent Living (CASCIL), the cities of St. Petersburg, Clearwater and Largo Recreation Departments, and Health South of Largo.

DESCRIPTION: This is a FREE community event to promote health and fitness for people with physical disabilities. Exhibits showcasing adapted sport, specialized equipment, and booths hosted by local related service providers. Additionally the event will feature hands on demonstrations of Tai Chi, wheelchair dance, hand cycle rides, and much more. Open to people of all ages and abilities. Participants who pre-register will receive free lunch and event t-shirt. **Pre-register by calling Sheila at (727) 577-0065.**

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The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of residents and visitors through public and private community efforts.
www.PinellasHealth.com