



SPRING-FORD AREA SCHOOL DISTRICT

DISTRICT ADMINISTRATION OFFICE

857 SOUTH LEWIS ROAD, ROYERSFORD, PA 19468

For Immediate Release

Contact: Erin Crew, (610) 705-6206

Spring-Ford Area School District School and Community Engagement Consultant

May 28, 2015

Spring-Ford Area High School Hosts Health and Wellness Fair ***Photo/Media Opportunity***

ROYERSFORD, PA – The Spring-Ford Area High School Health and Physical Education Department, in association with the Pottstown Health and Wellness Foundation, is hosting the annual Health and Wellness Fair on Friday, May 29, 2015.

WHEN: Friday, May 29, 2015 from 8 a.m. to 2 p.m. *(lunch break from 10:30-11:55 a.m.)*

WHERE: Spring-Ford Area High School Gym, 350 South Lewis Road, Royersford

DETAILS: More than 20 local and national organizations/businesses will gather together to help spread the benefits about Health and Wellness. In 2014 more than 1,000 students and staff attended. The fair is open to students and staff throughout the school day during their Health and Physical Education classes. Some categories cover, personal fitness, nutrition, cancer prevention and awareness, public safety, financial fitness and many more. Some of the guests will be:

- Spring Valley YMCA
- Spring-Ford Counseling Services
- PA State Police
- Rascal's Fitness
- Philly Rock Gym
- Susan G Komen Foundation
- IM Able Foundation
- American Red Cross
- American Heart Association
- Montgomery County Department of Health
- Philly Canoe and Kayak Club
- Wells Fargo
- Liberty Fire Station
- Dan Webb representing ReWalk Bionic Suit ([click here](#) to learn more about Webb and ReWalk)

CONTACT: Contact Kevin Czapor, SFAHS physical education teacher, at kczap@spring-ford.net for more information.

X X X