



# TOWN OF HAMDEN

## OFFICE OF THE MAYOR

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Curt Balzano Leng  
Mayor

### *Media Release*

### *Reminder*

For Immediate Release  
February 22<sup>nd</sup>, 2016

Contact: Youth Services  
203-777-2610

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## **Let's Move, Hamden! A Family Wellness Fair**

**Hamden** – Please join the Town of Hamden on Saturday, February 27<sup>th</sup>, 2016 from 10:00 a.m.-1:00 p.m. at Dunbar Hill Elementary School, 315 Lane Street, as we present our third annual *Let's Move, Hamden* event! This is a wellness fair for families with children, in conjunction with the *Let's Move, Cities, Towns and Counties* initiative. Come in from the cold and join us as we engage in fun physical activities, learning and community building. We will enjoy interactive demonstrations and sample healthy treats!

Hamden's Partnership for Young Children, Hamden Public Schools, Hamden Youth Services Bureau and the Office of the Mayor are teaming up to offer the *Let's Move, Hamden! A Wellness Fair for Families* free of charge to the community. This event is geared towards families with children up to twelve years old. We will offer: a safe play area for babies and toddlers; interactive yoga, archery, hula hoop challenge, martial arts, Zumba and fitness classes and much, much more! DJ Rachel will entertain participants with family friendly music. Over twenty local organizations and businesses with an emphasis on wellness will be on hand with information, giveaways and activities. The focus is on healthy living and will include activities and information on nutrition, physical activity, safety, healthy practices and resources.

For additional information, please visit our website [www.hamden.com](http://www.hamden.com) or [www.facebook.com/hamdenyouthservicesbureau](http://www.facebook.com/hamdenyouthservicesbureau) or call 203 777-2610 ext. 1120.