

**Annual  
WELLNESS  
& BRAIN  
FITNESS  
FAIR**



**News Release**

Release: **Immediate**

**Volunteers needed at Wellness and Brain Fitness Fair**

The Annual Wellness and Brain Fitness Fair will be held on Saturday, October 7, from 10 a.m. until 2 p.m., at Market Place Shopping Center in Champaign. This free event is presented by Active Seniors' Options, Inc., a non-profit organization and PrimeLife Times, a local publication. Volunteers are needed from 9:30 a.m. until 2pm. Service organizations, youth groups, individuals or clubs are encouraged to volunteer for this fun community event.

We have 2 shifts or you may work both:

Report 9:30am (training session)—volunteer 10am-noon

Report 11:30am (training session)—volunteer noon-2pm

Screeners are needed to do easy screens for people 50+. Things like memory screening, grip strength, etc.

The fair will include an extensive array of exhibits, demonstrations, activities and entertainment supporting wellness for all ages. Multiple volunteer opportunities exist that include screening, assisting participants, etc. Ayn Owens email [aynproductions@yahoo](mailto:aynproductions@yahoo) or find the event on facebook.

**###**

For Further Information:

Ayn Owens

Event Coordinator

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Take a minute and visit our website at:  
[www.WellnessFair2015.org](http://www.WellnessFair2015.org).



Active Seniors' Options, Inc.

**Prime Life Times**  
Informative . Engaging . Positive  
For the 50+ Lifestyle