



Lake County General Health District

**News Release
April 30, 2014**

**Contact: Christine Margalis (440) 350-2879
Lake County General Health District**

ZUMBATHON PLANNED FOR FRIDAY, MAY 9, 2014 AT THE CENTRAL YMCA

In celebration of Women's Health Week, the Lake County General Health District is partnering with the Lake County YMCA and Lake Health to host a free Zumbathon on Friday, May 9, 2014 from 6:00 p.m.- 9:00 p.m. at the Central YMCA, 933 Mentor Avenue in Painesville. Doors open at 6:00 p.m. with free blood pressure and cholesterol screenings provided by Lake Health. Zumba begins at 7:00 p.m. Nutrition information and free chair massages will also be available for participants to enjoy. Door prizes will be raffled off throughout the night. Childcare is available to YMCA members.

National Women's Health Week is May 11- 17, 2014. The focus this year is promoting healthy conversations with women and girls with an emphasis on physical activity, good nutrition, and healthy relationships.

According to Lake County General Health District Health Educator Christine Margalis, "By providing free basic health screenings and an exercise event that appeals to all age groups and fitness levels, we want to send the message that a healthy lifestyle is achievable for all women."

The event is free, but registration is encouraged. To register online, visit www.lakecountyyymca.org or call Christine Margalis at 440.350.2879. This event is supported by the Ohio Department of Health, Bureau of Healthy Ohio, Division of Prevention and Health Promotion

###