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## FLORIDA DEPARTMENT OF HEALTH IN SEMINOLE COUNTY HOSTS A FAMILY HEALTH FEST



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**Sanford, Fla.** — The Florida Department of Health in Seminole County (DOH-Seminole) in partnership with the Florida Department of Children and Families (DCF) is hosting a *Family Health Fest* on Saturday, September 17, 2022, from 12:00 – 4:00pm at Fort Mellon Park located at 600 E. 1<sup>st</sup> St. Sanford, FL 32771. All families are invited to join this fun-filled free event funded by USDA’s Supplemental Nutrition Assistance Program Education (SNAP-Ed).

“Making healthy choices can be fun and rewarding, and this health fest is a great opportunity for individuals of all ages to be active and learn about healthy eating to help reduce and prevent chronic diseases,” said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

The *Family Health Fest* will raise awareness about taking care of one’s physical needs and increasing resiliency in the face of adversity. Guest Instructor SSgt Michael Eckert, Special 3 times American Ninja Warrior Contestant, Marine and Guinness World Record Holder will be in attendance and lead some of the demonstrations.

During the event, attendees will have the opportunity to gain educational resources and information from vendors, complete health risk screenings, enjoy dance lessons, food tastings, exercise demos, children’s activities and games and win prizes. The first 300 guests will receive giveaways.

We encourage families to come out and participate in the festivities and gather some resources to help them live a healthy lifestyle.

For more information visit <http://seminole.floridahealth.gov/> or email Heather Haskett at [heather.haskett@flhealth.gov](mailto:heather.haskett@flhealth.gov) .

### About SNAP-Ed

SNAP-Ed is a federally funded nutritional education program implemented by DCF, DOH, and the University of Florida Institute of Food and Agricultural Sciences that focuses on good nutrition, stretching food dollars, living physically active lifestyles, and engaging partners to build healthier communities. This helps to ensure the healthy choice is the easiest choice to make where people live, work, shop, play, eat, and learn.

### About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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