



COUNTY OF SAN DIEGO NEWS RELEASE

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FREE COMMUNITY FAIR IN LAKESIDE PROMOTES HEALTHY LIFESTYLES *"It's How We Live!" Event at Lindo Lake Park March 24 Includes Activities, Health Screenings and More*

The County of San Diego's Health and Human Services Agency (HHS) and Department of Parks and Recreation, will host a free, interactive community festival called "It's How We Live!" at Lindo Lake County Park in Lakeside on Saturday, March 24, from 10 a.m. to 2 p.m. This is the festival's second year in Lakeside.

"It's How We Live!" will immediately follow the Lakeside Union School District's annual "Run for the Arts," a fundraiser for the arts. More than 1,000 people are expected to attend this year's festival.

The festival will feature more than 40 exhibitors, most of whom will offer interactive games or demonstrations to show how being healthy can be easy, fun, and affordable. Health and dental screenings, safety demonstrations, and fitness tests will be available at no charge, as well as performances from dance, cheer and martial arts groups, a rock climbing wall for kids, and raffle prizes featuring sports equipment. Free pedometers will be given to the first 250 participants.

For more information, call (619) 515-6940.

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