



FOR IMMEDIATE RELEASE:

CONTACT INFORMATION

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**Mayor Hazelle Rogers hosts the
Health is Wealth Two Mile Bicycle/Walk Fair**

As part of the City of Lauderdale Lakes' healthy lifestyle initiative, the City's Wellness Committee is pleased to partner with local health organizations to bring you Mayor Rogers' *Health is Wealth Two Mile Bicycle/Walk Fair*. Mayor Hazelle Rogers and the Wellness Committee of Lauderdale Lakes are excited to promote physical activity and wellness and encourage everyone to "Get Out and Be Active".

The fair coincides with the Florida League of Cities' 100 Miles in 100 Days Challenge in celebration of the organization's centennial anniversary. "Let's tie up our shoe laces and get stepping and cycling," said Mayor Hazelle Rogers. This unique event advances her healthy lifestyle initiative by providing free, easy access to healthcare from our mobile van unit.

Activities will include a live DJ and a boot camp exercise class. Bring exercise mats and a light set of dumbbells (if possible). Refreshments will be served. Thank you to our proud sponsors, Florida Medical Center, Primary Medical Care Center, Broward Community & Family Health Centers Inc. and YouFit, as participants to engage in health discussions, obtain FREE COVID-19 testing & vaccination, get FREE H.I.V. testing and FREE health screenings!

When: Saturday, June 4th at 8:00 a.m. (warm up beings at 7:30 a.m.)

Where: C-13 Canal Greenway Trail
NW 52nd Avenue to NW 31st Avenue, Lauderdale Lakes, FL
(Starting point: roundabout near Merrell United Methodist Church)

Information for Bicyclists and Walkers

Bicyclists:

Start time: 9:00 a.m.

Bike Path: Bicyclists will head west from the roundabout along the Greenway Trail to NW 52nd Avenue and back.

Walkers

Start time: 8:00 a.m.

Walk Path: Walkers will head east from the roundabout along the Greenway Trail to NW 31st Avenue and back.

Parking is available at the Merrell United Methodist Church beside the C-13 Canal Trail at 3900 State Road 7, Lauderdale Lakes.

Registration begins immediately! For more information, contact Dwight Hinkson, Commission Aide, at 954-535-2706.

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