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NEWS RELEASE

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(For immediate release)

FMC STEP OUT FOR YOUR HEALTH 2008 KICK-OFF

LANCASTER, Ohio (December 17, 2007) – Join us at the Robert K. Fox Family Y on Saturday, January 5, 2008 from 9:00-11:00 a.m. for the “Step Out for Your Health 2008 Kick-Off!” During this event, you can sign up to be a “Step Out” member, walk the indoor track, enjoy healthy snacks/door prizes, and pick up valuable health information.

There are several benefits to this program, for instance we will issue you a membership card that allows you to walk the indoor track at the Robert K. Fox Family Y - Fairfield Medical Center Wellness Center - for free! As an added benefit, your membership also entitles you to quarterly newsletters and health information. Track your own activities by completing a tracking form and then turn it in to one of our sponsors and be included in a monthly prize drawing. It's very easy to become a member, and no fees are attached! Just pick up a registration form in the Marketing Department at Fairfield Medical Center, or call Tammy Baker at (740) 689-6636.

You can also join us for a walk around downtown Lancaster, every Wednesday. We will meet at the Fairfield County District Library, 3rd floor, at 11:30 a.m. You can bring a lunch and eat it before or after you walk, tables and chairs will be provided. In case of inclement weather, we will still meet for videos and health talks. Tracking forms and information available at any of the following sponsors: Fairfield County District Library, Fairfield Center for Health and Healing, Fairfield Medical Center Lobby, New Energy Fitness Center, Robert K. Fox Family Y, Fairfield Medical Center Wellness Center, Olivedale Senior Center, River Valley Mall Guest Services Desk, Walker's Shoe Center, MAH Graphics, Tiki Lanes, Health in Hand Health Food Store, Amanda Hills Pure Spring Water, American Cancer Society, Fairfield County Department of Health, and WCFO 90.9 fm Lancaster.

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