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FOR IMMEDIATE RELEASE

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**LABORERS' DISTRICT COUNCIL TO HOLD
HEALTH AND WELLNESS FAMILY DAY FOR MEMBERS**

Philadelphia, PA -- The Laborers' District Council of the Metropolitan Area of Philadelphia and Vicinity will hold its Health and Wellness Family Day on September 26, 2009.

Members of the four locals within the Laborers' District Council and their families are invited to attend Health and Wellness Family Day. Various screenings, health care providers and services will be available including but not limited to:

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| ✓ Blood cholesterol screening | ✓ Eye exams |
| ✓ Blood glucose screening | ✓ Body fat composition test |
| ✓ Blood pressure screening | ✓ Skin care information |
| ✓ Mammogram information | ✓ Tobacco cessation education |
| ✓ Breast cancer counseling | ✓ Obesity education |
| ✓ Dental care counseling | ✓ One on one counseling sessions |
| ✓ HIV testing | ✓ Group counseling sessions |

Three Wii Fit Systems will be given away as a grand prize. Attendees will receive a gift card for completing any four screenings and attending any of the scheduled speaker sessions. Instant prize drawings will also be held at the end of each speaker's session.

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