

September 1, 2017

A FREE COMMUNITY EVENT GET FIT LAKE DAY – SEPTEMBER 23, 2017



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Eustis, Fla.— The Florida Department of Health in Lake County encourages our community to take part of the free community event “Get Fit Lake Day”, being hosted by Get Fit Lake on Saturday, September 23rd, 2017 from 10 am to 2 pm at Via Port Mall, located at 10401 US 441, Leesburg, FL 34788. Get Fit Lake is a friendly, fun website listing fitness-related activities in Lake County.

Get Fit Lake Day, sponsored by the Florida Department of Health in Lake County, South Lake Hospital/National Training Center, Leesburg Regional Medical Center, Florida Hospital Waterman, Golden Triangle YMCA, FitnessCF and Central Florida Dreamplex will bring many health and fitness vendors to the mall to share important health and fitness opportunities in our community. The vendors will have fun-filled activities for people of all ages to make this day even more exciting.

Please visit the GetFitLake.com website to check out all the fun health and fitness activities we can offer you and your family!

About Get Fit Lake: The Get Fit Lake website was launched in 2008 to combat childhood obesity. However, it was decided that the website should reach parents to help them become healthy role models. With the assistance of a web development teacher and student from Umatilla High School the site was redesigned and enhanced.

Their mission is promoting healthy lifestyles in Lake County, Florida. Their vision is increasing awareness within our community of overall wellness, emphasizing fitness, nutrition and healthy lifestyles. The website not only educates you on healthy information, but also provides you with the resources you are looking for.

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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