



*Contact* Aelish Nealon  
*Telephone* 518.686.9050  
*Email* [contact@hoosickyouth.org](mailto:contact@hoosickyouth.org)  
*Website* [hayc3.org](http://hayc3.org)

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### **HAYC3's to Host Health & Fitness Expo on January 10th**

*Exhibitors still being accepted*

**Hoosick Falls, NY**, November 24, 2014 -- Mark your calendars now for a Health & Fitness Expo to be held at The HAYC3 Armory, 80 Church Street, Hoosick Falls, NY on Saturday, January 10<sup>th</sup> from 9 a.m. until 1p.m.

This family-friendly event is open to the public will feature over 30 exhibitors including dietitians, Reiki practitioners, skin & health experts, fitness instructors, and more. Free workshops, educational programs on common chronic illnesses, free health screenings, and health and wellness opportunities will take place throughout the day. Physicians and other local health care providers will be on hand to discuss services available to you or a loved one manage health issues.

"The Expo is open to the public," says Aelish Nealon, Executive Director of HAYC3. "It's a great opportunity to learn about preventive measures, both big and small, that can be implemented on a personal level or within a family, community, or to contribute to healthier lives," said.

The doors open at 9 a.m. The fee for adults is \$2.00, children are free.

For more information, please call HAYC3 at [518.686.9050](tel:518.686.9050), or visit the website: [www.hayc3.org](http://www.hayc3.org).

To learn more about the event or exhibiting, call HAYC3 at [518-686-9050](tel:518-686-9050).

The HAYC3 Armory is located at 80 Church Street. For more information, call HAYC3 at 518-686-9050.

**About HAYC3:** *HAYC3 (Hoosick Armory, Youth Center, and Community Coalition) is a rural revival and community arts organization based in Hoosick Falls, New York. HAYC3's goal is to restore rural sustainability and drive economic development through art, culture, education, and health. We work toward these goals through being a community incubator, an art center, and a place of opportunity.*