

HAYC3 and Southwestern Vermont Medical Center to Host a Free Health & Fitness Expo on January 10th

Exhibitors still being accepted

Hoosick Falls, NY, December 28, 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 10th from 9 a.m. until 1p.m.

Sponsored in partnership with the Southwestern Vermont Medical Center, this family-friendly event is free to the public will feature over 30 exhibitors and free screenings and workshops throughout the day.

According to HAYC3 Executive Director Aelish Nealon, “The Expo provides a great opportunity to learn about preventive measures, both big and small, that can be implemented on a personal level or within a family to improve individual health and manage chronic conditions. It’s also a great way to learn about the many care providers in our community who offer services, like chiropractic, weight-loss consultations, reiki, or internal energy, that many might not be familiar with.”

Free screenings for vision, blood pressure, hearing, and more will be offered at no charge.

Local health care providers will be on hand to discuss services and how best manage your personal or family health issues.

The doors open at 9 a.m.

For more information, please call HAYC3 at [518.686.9050](tel:518.686.9050), or visit the website: 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](tel: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.*