PRESS RELEASE

Eat Well, Play Hard - Family Fun Day
A free community event in Oneida

Oneida, NY – On August 16, Oneida Health along with over 20 community partners and non-profit businesses, will be hosting a free public event, "Eat Well, Play Hard - Family Fun Day", for local families at the Oneida Rec Center at 217 Cedar Street from 10am - 1pm.

The purpose of the event is to promote healthy lifestyles for families with infant to school-age children through fun, educational, and engaging activities. Among the many participants at the event providing health tips, there will also be a bike helmet fitting and giveaway, while supplies last, Safe Child ID cards, craft projects, a free bag lunch, and a variety of fun activities. Information on healthy eating, immunizations, and Oneida Health's Circle of Care network will also be available.

Oneida Health has hosted "Eat Well, Play Hard - Family Fun Day" annually since 2015. It was originally organized by the Madison County Health Department with the Healthy Living Partnership. To participate as a vendor or for more information, please call Andrea Narrow at 315-361-2300.

- ### -

About Oneida Health:
Oneida Health serves an area comprised of approximately 29 communities in Madison and western Oneida counties with a population of approximately 100,000. Operated by Oneida Health Systems, Inc, a New York State not-for-profit corporation, the organization includes a 101-bed acute care hospital, emergency department, state of the art surgery center, 160-bed extended-care and short-term rehab facility, primary care offices, internal medicine, comprehensive lab services, home medical equipment, comprehensive imaging services, outpatient therapy, and care specialties in: oncology, neurology, podiatry, vascular, sleep, OB/GYN, GI, wound care, orthopedics, and ENT.