

City of Dallas News Release

Public Information Office www.dallascityhall.com

March 24, 2009

West Dallas Multipurpose Center to host 5K Run/1K Family Fun Walk and Wellness Expo & Job Fair Saturday, April 18

DALLAS - The West Dallas Multipurpose Center is planning a full day of activities for the entire family on April 18. Families can participate in a 5K Run/1K Family Fun Walk in the morning. Beginning at 11 a.m. participants can visit the free Wellness Expo and Job Fair at the West Dallas Multipurpose Center.

5K Run/1K Family Fun Walk

Registration begins at 7 a.m. The 5K Run will start promptly at 8 a.m. The 1K Family Fun Walk will begin at 8:15. All proceeds from the event will benefit the West Dallas Multipurpose Center's social services and support programs. The participant fees include water and sports drink along the course, and all participants will receive goodie bags at the end of the 5K Run/1K Family Fun Walk.

Registration fees:

- \$20 - 5K individual runner
- \$15 - 5K team runners, group of 5 or more
- \$10 - 1K fun walkers, 16 years old to adults
- \$5 - children fun walkers ages 10-15 years old
- No fee for children under 10 years of age

To obtain a registration form for the 5K Run/1K Family Fun Walk visit www.dallascityhall.com or contact Silvia Ulloa at (214) 670-6361.

Wellness Expo & Job Fair

The entire family is invited to the Wellness Expo & Job Fair on Saturday, April 18 from 11 a.m. to 3 p.m. at the West Dallas Multipurpose Center at 2828 Fish Trap Road.

The Wellness Expo will include information booths and no cost health screenings and services. Some of the screenings include: cholesterol, diabetes, blood pressure, vision, prostate, bone density, hearing, well-baby exams, immunizations, mammograms, pap smears, and breast exams for women. Shot records are required for all immunizations. Immunization will be free.

Event visitors will enjoy live entertainment from various local artists, door prizes, a children's area that includes face painting, games, and a bounce house. Other event highlights include radio personalities from 97.9 THE BEAT, DAPPS Duck, the Crime Prevention Dog, and Sparky the Fire Prevention mascot.

Visitors should also bring copies of their resumes for the Job Fair that will take place during the Wellness Expo. Participating companies include the City of Dallas, DART Police, Senior Source, Auto Zone, and AARP.