



# MEDIA RELEASE

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## **Recreation Division Invites Community To Lompoc Senior Health Expo** *Free community event features health information and resources for seniors*

**LOMPOC, CA, May 11, 2018** – The Lompoc Recreation Division is pleased to invite the community to the Lompoc Senior Health Expo, featuring free health information and resources.

The Lompoc Senior Health Expo will be held from **9 a.m. to noon** on **Friday, May 18** at the Dick DeWees Community & Senior Center, 1120 West Ocean Ave. Featured activities will include health screenings, fitness testing, and exhibits on health and wellness. In addition to informational booths, there will be door prizes, cooking demos and a free barbecue lunch, courtesy of Kiwanis Club of Lompoc.

The Lompoc Senior Health Expo is sponsored by the City of Lompoc Recreation Division, Sansum Clinic, Area Agency on Aging, and Meridian Senior Living, among others.

Community members looking for more information are asked to contact Sue Slavens, Recreation Supervisor, at 805-875-8098.

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### **The Lompoc Recreation Division**

The City of Lompoc Recreation Division has grown significantly since it was started in 1945, as the community realized the importance of recreation to quality of life. The mission of the Lompoc Recreation Division is to provide for a better quality of life by promoting positive social behavior, interaction with others, self-discovery and positive self-esteem through the development, implementation, and coordination of a wide variety of recreation and leisure services. Lompoc Recreation provides varied programs and services for youth, teens, and adults of all ages. The division also offers several venues for hosting public and private events, including the state-of-the-art Lompoc Aquatic Center. For a full list of programs and services, visit us online at [www.cityoflompoc.com/parks\\_rec](http://www.cityoflompoc.com/parks_rec).