



## Sidney Health Fair

Working Together for a Healthy Community

2048 Melville Drive, Sidney, British Columbia, V8L 2N1

Tel: 250.655.0515 Fax: 250.655.0513

[www.sidneyhealthfair.com](http://www.sidneyhealthfair.com)

### NEWS RELEASE

For Immediate Release

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### FREE BIKE SAFETY CHECK

#### Sidney Health Fair and Russ Hay's Team Up to Offer Bike Tips and Safety Demos

The Sidney Health Fair and Russ Hay's Bicycle Shop are teaming up to offer free bike tips and a safety check to get riders on the road safely this bike season. Russ Hay's Sidney location at 9781A 2nd Street, Sidney will be offering safety demonstrations, bike maintenance presentations and helpful tips on May 1, 2010, from 10am to 12pm. Staff will be on hand to fill tires and make sure bikes are ready to hit the road.

Riders can test out their tuned-up bikes with a ride to Reay Creek Park for refreshments, a tour of the park and if they are up to it after the ride, help volunteers clear invasive species plants. Reay Creek is being restored by the Peninsula Stream Society and access to the May 1<sup>st</sup> event, running from 10:30 to 1, is on the Frost Avenue West in Sidney.

"This is a great way for business, community partners and residents to come together to promote a healthy living." says Britta Frombach, president and co-founder of the Sidney Integrated Wellness Community Society, which organizes the Sidney Health Fair. "The health fair is asking visitors to embrace a healthy lifestyle and use their tuned up bikes to ride to the fair this year" added Frombach.

The event is sponsored by the Sidney Health Fair, Russ Hay's Bicycle Shop and Peninsula Streams.

#### About the Sidney Health Fair

The 4th annual Sidney Health Fair returns to the Mary Winspear Centre May 29 and 30, 2010. Keynote speakers are Sam Graci, Greens+ founder, Lorna Vanderhaeghe, women's health expert, fitness guru Brad King, Clive Langton, Director of the Raw Food Society of BC, Dr. Kate Rhéaume-Bleue, naturopathic doctor and Tamara Strijack, a clinical counsellor. The fair will feature over 85 booths showcasing healthy living, a farmers market, a youth area and demonstrations including raw food preparation and story yoga for kids. For information visit [www.sidneyhealthfair.com](http://www.sidneyhealthfair.com).

**For information, keynote speaker interviews and photos, please contact:**

Sarah Milner  
sarah.milner@shaw.ca  
250-882-1188

David Alexander  
d-alexander@shaw.ca  
250-885-8665