Nacogdoches
the oldest town in Texas

NEWS RELEASE

For Immediate Release: **Contact information**: Crystal Hicks (936) 559-2970
July 12, 2018

Play for Fitness Event at the Public Library

As the summer heat drags on and it gets harder to exercise outside, the Nacogdoches Public Library is offering an opportunity to come indoors and play in the cool. On Saturday, July 21st, the Nacogdoches Library and Community RX Help will be co-hosting a Play for Fitness event in the gymnasium from 12-4pm. Fun play and fitness activities will be provided for all ages by local organizations, who will also provide door prizes for participants. Demonstrations of various fitness activities will be scheduled throughout the day, inviting audience participation.

Community RX Help is a local non-profit that helps people, with no prescription insurance get their needed medications at low or no cost. They are promoting this event to raise awareness and to encourage healthy activity in all ages.

Demonstrations of various fitness activities will be provided, with audience participation invited. Come try out some new ways to get fit and stay healthy.

Chair yoga- 12 noon (for those who cannot get down to the floor)
Basic Aikido-Self-Defense Throws and Kata- 1 pm and 2:30pm
Tai Chi – 2pm
Other activities will include:
- Bicycle course and inspections
- Hula Hoops
- Jump rope
- Beach ball volley ball
- Personal fitness training
- Tons of activities for kids

Our Gold Sponsor for this event is NIBCO, a local company with a long history of investing in the health and welfare of the Nacogdoches community. We are grateful to our additional sponsors, Fitness 360, Commercial Bank of Texas, Texas Aikido, Wells Fargo and Nacogdoches Physical Excellence Center, for their commitment to a healthy community.

This event is free and open to all ages. No registration required. For more information, please call 936-559-2970 or visit www.ci.nacogdoches.tx.us/library. The library is on Facebook as NacogdochesPublicLibrary and on Instagram as nacpubliclibrary.