

## NEWS RELEASE

**For Immediate Release:**  
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### **Play for Fitness Event at the Public Library**

As the summer heat drags on and it gets harder to exercise outside, the Nacogdoches library is offering an opportunity to come indoors and play in the cool. **On Saturday, June 22nd**, 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 have 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)

Clogging- 12:30pm

Tai Chi- 1 pm

Stretch ER – 2pm

Cross Fit workout – 2:30pm

Other activities will include:

- Hula Hoops
- Jump rope
- Beach ball volley ball
- Beachball golf
- Personal fitness training

Our Gold Sponsors for this event are NIBCO and McWilliams and Son, two local companies with long histories of investing in the health and welfare of the Nacogdoches community and M & S Pharmacy, which helps Community RX Help provide emergency medications to those in need. We are grateful to our silver sponsors, Commercial Bank of Texas, Austin Bank, Aaron Polk, MD, Vijaya Pokala, MD, and John and Sharon Oglesbee, MD, 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](http://www.ci.nacogdoches.tx.us/library). The library is on Facebook as NacogdochesPublicLibrary and on Instagram as nacpubliclibrary.