



Press Release

Immediate Release

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Carthage Area Hospital and WWNY TV7
kick off the all new
BeFit NNY Health Initiative
at Salmon Run Mall



(Watertown, NY) Staying fit and leading a healthy lifestyle in 2015 doesn't just mean walking a treadmill for an hour and eat a salad for lunch every day! There are many fun ways the whole family can stay fit and healthy this year and Carthage Area Hospital and WWNY TV7 are going to help NNY Families do just that!

Join Carthage Area Hospital as we kick off BeFit NNY **February 20th from noon—2pm** at the head of Food Court as they host an informational session on *Sleep Disorders*. Lisa Parloto from Franciscan Companies, Syracuse will hold Sleep Screenings from noon to 2pm to determine if someone needs a sleep study. An informational DVD will be available, as well as CPAP equipment for people to view.

March is National Nutrition Month and Carthage Area Hospital will have a dietician on site to educate the public on healthy eating habits. Visitors can stop by to have their BMI checked and fill out questionnaires available to them and giveaways. Join Carthage Area Hospital on **March 20th from noon—2pm** at the head of Food Court for more information on National Nutrition Month.

Stay tuned for details on these upcoming BeFit NNY sessions:

April 17...Every Healthy Kid

May 15...Mental Health Awareness Month

June 19...Men's Health Month

Other clinics and events hosted by the experts from Carthage Area Hospital during this year's BeFit NNY program include Family Health & Fitness Day; National Breastfeeding Month; Breast Cancer Awareness; National Influenza Month; American Diabetes Awareness Month—just to name a few. All events are free and open to the public!

Each month, all who participate can gather valuable information on health and fitness related topics, giveaways and register for a chance at winning a \$100 American Express Gift Card!

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About Salmon Run Mall

Salmon Run Mall is the premier shopping and entertainment destination for the Northern New York market, including a very strong Canadian segment. The center is anchored by Best Buy, Burlington Coat Factory, Sears, JC Penney, Dick's Sporting Goods, Gander Mountain, Bon Ton and Christmas Tree Shops and offers more than 80 retail shops, a 12-screen stadium seat theater, food court and full-service sit down restaurant. . Additional information regarding Salmon Run Mall can be found at: www.shopsalmonrunmall.com

