

PRESS RELEASE

For Immediate Release

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August 5, 2016

Pottstown's First Annual Community Field Day Saturday, August 27, 2016 at the Chestnut Street Park

Pottstown's first annual Community Field Day will be held on Saturday, August 27th starting at 11:00am at the Chestnut Street Park located on Washington and Chestnut Streets, Pottstown, PA. (The rain date is Sunday, August 28th.) Come out and meet your neighbors at the Community Field day and participate in fitness games, fun activities, music, info and food. Community Field Day is a day for families to spend time together learning about low-cost, outdoor and indoor activities available in the area. Genesis Housing Corporation, Hill School, Art Fusion 19464, Pottstown Athletic Club, Pottstown Area Health and Wellness Foundation, CustomFit and many others sponsoring the event.

"The goal of the event is to introduce families and people of all ages to various types of physical activity," says Laura Washington, the event organizer for Pottstown's Community Field Day, "It is a day of fun-filled learning but we are hoping to also raise awareness about the importance of staying active. We are hoping that families learn how to get active and recognize that there are so many low-cost ways to do it."

Information will be provided on local businesses such as family services, healthy food choices, and fitness clubs. There will be free and healthy food samples to taste along with the recipes to bring home. Water will also be provided for everyone in attendance.

The park will be set up with 15 fitness and sport stations from yoga to basketball, hula hoops, CrossFit exercises and more. Each station will have groups of about ten people participating in the activity for five minutes. The DJ will play family appropriate music for the duration of the

exercise and announce “Rotate” to signal time to move to the next fitness station. Individuals will receive a coin for each station they complete and those who complete 10 stations will receive a free gift bag. Anyone is welcome to join in the rotation at any time of the event.

The Pottstown First Annual Community Field Day is funded, in part, by BB&T Bank (formerly National Penn Bank) and the Pottstown Neighborhood Partnership. More information is available by calling Genesis Housing Corporation at 610-275-4357.

Since 1994, Genesis Housing Corporation, a 501(c)(3) non-profit organization, has served Montgomery County as a community housing development organization (CHDO) and is dedicated to the development of affordable housing, neighborhood revitalization and the education of consumers on housing and financial issues.

For more information about Genesis Housing Corporation and our programs, please visit our website at www.geneshousing.org, email at info@geneshousing.org, visit us on Facebook or call 610-275-4357.

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