

# Lambs Farm Hosts Fun and Fit Family Day



news release

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## Lambs Farm Hosts Fun and Fit Family Day

*Libertyville, IL* - Looking for a unique, fun event for your whole family this summer? On Saturday, June 29 come out to Lambs Farm from 12-5pm for Fun and Fit Family Day, sponsored by Advocate Condell Medical Center.

It is a free event designed for families to spend a day outdoors and learn how to be healthy together. A variety of vendor and information booths will be available, as well as demonstrations and activities that encourage physical activity.

During the Fun and Fit Family Day, families can enjoy four-wheel bike rides together at the farm, take part in the fitness run, and test their throwing arms at the speed pitch station. Additionally, many local businesses will have demonstrations such as fitness demos, Zumba, Navy circuit training, Yoga, Tai Chi, and a dance party to end the festivities.

Vendor booths will also be available to learn about bike safety, receive a free shoulder massage and a free blood pressure screening among other things.

In addition to all the healthy fun, Advocate Condell Medical Center is also sponsoring a free day at the Lambs Farm Farmyard & Attractions. Come enjoy the petting zoo, miniature train ride, carousel and miniature golf for free from 10am-5pm.

For the most up-to-date list of all the activities, demonstrations and vendors please visit the Lambs Farm website at [www.lambsfarm.org](http://www.lambsfarm.org), or contact Kathy McMeins at [kmcmeins@lambsfarm.org](mailto:kmcmeins@lambsfarm.org).

*Lambs Farm is a premier nonprofit organization whose mission is to help people with developmental disabilities lead productive, happy lives and connecting with the human spirit in us all. Based near Libertyville, Illinois, Lambs Farm strives to maintain exemplary vocational, residential and recreational programs, and to operate our organization in a manner that will continue to help people grow.*

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