



Presented by:



10 AM to 2 PM : Rock Wall! : Bike Helmets! : Free health exams! : **SATURDAY Sept. 17** : @ the Elma Summit Pacific Wellness Center

Summit Pacific Hosting Free Peak Health Wellness Fair and 5k Sept. 17th

All are invited to attend these free events taking place at Summit Pacific Wellness Center

(ELMA, WA) – Summit Pacific will be hosting the Peak Health Wellness Fair at Summit Pacific Wellness Center Saturday, Sept. 17 from 10 a.m. to 2 p.m. This event is free for the public and will feature a wide range of vendors with interactive booths, a guest speaker, health screenings, giveaways and more.

Some event highlights include a children’s bike rodeo, free bike helmets, free vision exams and blood pressure checks, acupuncture, and a chance to blend up your own smoothie on our smoothie bike!

Our guest speaker this year is Wilton Kanavan from Therapy Services Department at Summit Pacific. He will be presenting on Strength Training for the Running Cycle, where attendees will be able to learn about warming up, mobility work, how to develop a performance pattern cycle and more.

Free Peak Health 5k

Prior to the Peak Health Wellness Fair is the free Peak Health 5k with check-in beginning at 8 a.m. at Summit Pacific Wellness Center. Runners and walkers of all levels are welcome. Free registration is available online at summitpacificmedicalcenter.org or by calling Cynthia Beck, community programs coordinator, at 360-346-2297.

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Summit Pacific is a vibrant and expanding nonprofit public hospital district serving east Grays Harbor County, Washington. Founded in 1982, Summit Pacific now operates three locations comprised of a critical access hospital, primary care clinics, an urgent care clinic and a range of ancillary and specialty services. Summit Pacific’s vision is “Through Summit Care, we will build the healthiest community in the Nation.” To learn more about Summit Pacific, visit www.summitpacificmedicalcenter.org.