

HEALTHY DIRECTIONS



EMILY BUFF BEAR PHOTO

Healthy Directions Coalition recently presented the first in a series of certificates honoring local restaurants for promoting the health of Florence youth in the program's Family Friendly Retail Campaign. The certificate was presented (from left) by Healthy Directions Coalition member Frank Matsko, to restaurant owner Kristi Robinson, and from coalition members Doug Barrett and Char Reavis.

Three Rivers Casino Resort to host annual Work/Life Balance Fair

Eating healthy and having fun shouldn't be on opposite ends of the rainbow. That's why Three Rivers Casino chefs are providing healthy cooking demonstrations with free samples throughout the event on Friday, Sept. 15, at Three Rivers Casino Resort.

The eighth annual event runs from 10 a.m. to 3 p.m. and will feature four teams of Three Rivers Casino employees com-

peting in a Culinary Challenge for "Best of Show" in Salad, Appetizer and Entrée categories.

While that is going on, visitors can check out an assortment of products and services provided by the many vendors offering information on finding balance in work and life.

Dozens of lifestyle, health, fitness and food vendors will be sharing their products and

services to help visitors discover a healthy, balanced lifestyle. Plus, in total, there will be more than \$1,000 in prizes.

Visitors can also bring in a food donation for Food Share. Those who do can choose who wins this year's Civil War game by placing their donation on the Duck or Beaver table.

This event is free open to the public.

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AUTHOR OF "DISASTER PREP FOR THE REST OF US"

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