JACL ([www.jaclseattle.org](http://www.jaclseattle.org)) and Nikkei Concerns ([www.nikkeiconcerns.org](http://www.nikkeiconcerns.org)) present **4th Annual Living Well Health Fair** on July 25th, Saturday at Blaine Memorial United Methodist Church.  This event is open to public and free admission.  We have a lot of healthy delicious food sampling, health tips, cooking demonstration, relaxing massages, free blood pressure, glucose checking, special speakers, X-box, Excise demo…. Etc.  It’s fun family event for all ages.   Now I’m looking for volunteers for this event.  Please join this fun and healthy event and start living healthy together.  If you can volunteer below any shift, please contact to **Megumi Sherrill Volunteer Coordinator (206) 726-7830** or[**msherrill@nikkeiconcerns.org**](mailto:msherrill@nikkeiconcerns.org)with your name, phone number, e-mail address and mailing address (thank you letter purpose).  I really appreciate your support.

**4th Annual Living Well Health Fair**

**“Healthy Habits to Improve the Health of the Community”**



**Event information**

**Date: July 25th, Saturday**

**Place: Blaine Memorial United Methodist Church (3001 24th Ave. S. Seattle, WA 98144)**

**Volunteer information with new time**

       **1st Shift : 9:00am ~ 10:45am**

Task: unloading assist, set up

       **2nd Shift : 10:30am ~ 1:45pm**

Task: passing giveaway, passing sample foods, door prize assist, cooking demo assist, excise demo assist, translation.

       **3rd Shift : 1:30pm ~ 5:00pm**

Task: passing giveaway, door prize assist, cooking demo assist, excise demo assist, cleaning, loading assist, translation.

**Volunteer requirement**

       **Minimum age 16 years old**

       **Good communication skills**

**We will have lunch and refreshment for valuable volunteers**.