



South Milwaukee Farmers' Market, South Shore Family Chiropractic to Host Health Fair September 6

Twenty Vendors Expected as Event Returns for Second Year

SOUTH MILWAUKEE (August 23, 2012) – The South Milwaukee Downtown Market will promote good health with its Health Fair on Thursday, Sept. 6.

The event, presented by South Shore Family Chiropractic, will be held from 3 to 7 p.m. at the market, located at 11th and Milwaukee Avenues in South Milwaukee.

About 20 health fair vendors are expected, in addition to the dozens of regular market vendors selling produce, organics, arts, crafts, baked goods, prepared food and more.

“The market wants to promote healthy lifestyles, and that’s what makes this event such a perfect fit,” said South Milwaukee Alderman Erik Brooks, co-founder of the market. “We’re excited that South Shore Family Chiropractic is bringing back the Health Fair.”

Attendees can speak one-on-one with a variety of health professionals from South Shore Family Chiropractic, the YMCA, Dowling Acupuncture, the Grobschmidt Senior Center, the South Milwaukee Health Department, the South Milwaukee Police Department, Sorce Martial Arts, the South Milwaukee Fitness Center, Walgreens, Innova Yoga, the South Milwaukee Fire Department, Aurora St. Luke’s South Shore Hospital, The Sleep Wellness Institute, Curves, Aurora Health Care and more.

Human Concerns, with the UW Extension Wisconsin Nutrition Education Program, will present live food demonstrations from the market stage, starting at 4 p.m.

And attendees can win great prizes in the Wellness Adventure Passport drawing. Attendees will be given a WELLNESS ADVENTURE PASSPORT to have stamped at each booth while touring the Health Fair to then enter in the drawing for a chance to win. Prizes have been generously donated by the participating Health Fair vendors.

The goal of the fair is to educate people on how to take good care of themselves, make better lifestyle choices, and to have a healthier, happier life, said Dr. Steven Scheuing, clinic director for South Shore Family Chiropractic, 1333 College Ave., Suite M, South Milwaukee.

“Knowledge is power,” Scheuing said. “South Shore Family Chiropractic, along with other members of our health community, want to share the information necessary to live a happy, healthy life. We want people to understand that health is a choice, not a mystery, and each individual can make significant strides toward a wellness lifestyle by learning from the health organizations participating in the second-annual South Milwaukee Downtown Market Health Fair. I'm happy to see the public learning how to take more personal responsibility for their wellbeing.”

Learn more about the South Milwaukee Downtown Market at its website: www.smmarket.org. Learn more about South Shore Family Chiropractic at its website: <http://www.ssfamilychiro.com/>.

About South Shore Family Chiropractic

South Shore Family Chiropractic is a 25-year-old family wellness practice in South Milwaukee. We have two doctors and two massage therapists. Our focus is on prevention, family wellness care, and healthy alternatives solutions to common health problems. We approach each person as an individual and get to the root cause of their health issues so that we can help them create a road map to better health and wellness. What makes our office different than most is that we do take a more holistic, whole body approach to lifetime wellness, rather than focusing just on the back or just on a single health concern.

About the South Milwaukee Downtown Market

Area residents looking for a unique shopping experience travel to downtown South Milwaukee, where they find an eclectic mix of merchants selling fresh fruits and vegetables, baked goods, flowers, art, jewelry and other local goods. They also find a sampling of area restaurants, live entertainment and special events as part of what is a true destination for families, foodies and everyone in between. It's a simple yet ambitious vision – one that the South Milwaukee Downtown Market has achieved ever since it launched in July of 2009. Located on 11th and Milwaukee Avenues near the heart of the South Milwaukee city center, the Downtown Market has grown to become one of the largest in the area with more than 60 regular vendors and hundreds of regular customers. It is operated by a committee of local residents, business owners and city and civic leaders that all have the same goal in mind: find new ways to breathe new life and instill new energy in downtown South Milwaukee.

South Milwaukee Downtown Market

www.smmarket.org and on Facebook, Twitter and YouTube

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