

# MEDIA ALERT!



FOR IMMEDIATE RELEASE

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Media Contact:

Andrea Carter, FG Creative

andrea@fgcreative.com, 760-773-1707



## JOIN HERITAGE VICTOR VALLEY MEDICAL GROUP FOR SPRING INTO FITNESS!

**A day of fitness, well being, and free flu shots is scheduled for April 29th**

Victorville, CA - Heritage Victor Valley Medical Group is pleased to announce that Spring into Fitness will take place on Friday, April 29th from 3 - 7 pm. This FREE, all ages event will take place at The Wimbledon Village in Victorville, located on Hesperia Road just north of the intersection at Bear Valley.

Spring into Fitness is the biggest family event of the year promoting wellness. Along with free flu shots, activities will include fitness demos by Anytime Fitness; Zumba for kids, adults, and seniors; demonstrations on abs & glutes exercises; pediatricians and adult physicians to answer questions; kids dance fitness; a Bounce House for kids; a special 60's performance by "Senior Line Dancers;" giveaways; refreshments; BBQ; and more!

The Wimbledon Village is located at 12370 Hesperia Road, in Victorville. For more information about Spring into Fitness call (760) 261-1496 or visit [www.hvvmg.com](http://www.hvvmg.com).

Heritage Victor Valley Medical Group, with offices in Victorville, has over 40 Primary Care Physicians, 150 Specialists and is the only medical group that services Victorville, Apple Valley, Hesperia, Barstow, Phelan, Adelanto and Big Bear.

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