



Village of Mount Prospect **Press Release**

Village of Mount Prospect to Host Free Family Health Fair

DATE: August 5, 2025
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Mount Prospect, IL – The Human Services Department is hosting its first Family Health Fair on Wednesday, August 13, from 6-7:30 pm at the Busse "Pocket" Park across from Village Hall. The event, themed "Healthy Families, A Stronger Community," aims to empower families towards a healthier future, connect them with health and wellness organizations, and provide interactive activities.

This free Family Health Fair will offer a wide array of engaging and informative activities for all ages, including the following:

- **Free Mini First Aid Kits:** The first 75 children to attend will receive a free mini first aid kit.
- **Therapy Animals:** Attendees will have the opportunity to meet and interact with therapy dogs and a therapy cat.
- **"Hidden In Plain Sight" Exhibit:** HERO (Heroin Epidemic Relief Organization) will present their "Hidden In Plain Sight" trailer, a program designed to educate parents on how to identify signs of drug or alcohol use in their children and where substances might be concealed.
- **Free Health Screenings:** The Mount Prospect Lions Club will be on site with their Mobile Hearing and Vision screening van offering complimentary screenings. Additional organizations will also provide various health-related screenings and educational resources.
- **Interactive Activities:** Families can participate in fun and engaging interactive activities.
- **Emergency Vehicles:** The Mount Prospect Police and Fire Departments will have police and fire trucks available for children to explore.
- **Smoothie Samples:** Smoothie King will be providing delicious and healthy smoothie samples.

"We are excited to bring together so many valuable resources for the Mount Prospect community," said Nicole Cooper-Ffrench, the Village's Public Health Nurse. "We are looking at health across the spectrum from mental to physical health and overall well-being. This event is a fantastic opportunity for families to access important health information, utilize free screenings, and connect with local organizations in a fun and engaging environment."

Following the Family Health Fair, the Mount Prospect Downtown Merchants Association will host "Movies on the Green" for continued family entertainment on the Centennial Green.

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