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For Immediate Release– Sept. 20, 2007

Foothills Park & Recreation District events

Friday, Oct. 5, 9 a.m. – 1 p.m. – 7th Annual Senior Open House with free breakfast and lunch

Join Foothills Park & Recreation District for a day filled with fun and useful information geared toward seniors at the Peak Community & Wellness Center, 6612 S. Ward Street. Activities include booths representing senior resources and organizations, giveaways, door prizes and mini seminars. Entry is free - free breakfast and lunch provided. For information visit www.foothills.org or call 303-409-2200.

Sunday, Oct. 7, 11 a.m. – 3 p.m., Wedding and Reception Open House, RSVP by Oct. 4

Foothills Park & Recreation District has lovely wedding and reception spaces to rent, some with outdoor patios and mountain views. Come to this free event at the Peak, 6612 S. Ward St., to look at the facilities and visit with vendors and caterers who can help make your special day the perfect day. Please RSVP to Emily Carpenter at (303) 409-2204 or emilyc@fhprd.org, by Oct. 4. Vendors and caterers who will have samples and displays at the open house include The Food Guy Catering, Celebration Catering, Life Style Catering, DJ Guy, Voila mobile spa, The Makery, Candid Photography, The Pottery Studio, Arbonne International and Rocky Mountain Catering.

Thursday, Oct. 18, 3:30-6:30 p.m. – Free Community Health Expo

Exempla Southwest Lutheran Medical Center and Foothills Park & Recreation District present a free Community Health Expo at Ridge Recreation Center, 6613 S. Ward St., on Thursday, Oct. 18 from 3:30 to 6:30 p.m. Bring the whole family for free tests including body mass index (BMI), heart health and diabetes; sleep tips and nutrition advice; ask a doctor booth; fitness demonstrations and more. For information visit www.foothills.org or call 303-409-2525.

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Half-price ice skating on Oct. 31

Foothills Park & Recreation District Edge Ice Arena will have one-half price admission for all those wearing a Halloween costume on Wednesday, October 31, from 7:30 – 8:50pm. For information visit www.ifoohills.org or call 303-409-2222.

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Foothills Park & Recreation district, founded in 1959, serves a 28 square mile area of unincorporated Jefferson County generally bounded by Hampden Avenue south to C-470 from Sheridan Boulevard west to the Dakota Hogback. The District operates the Ridge Recreation Center, the Edge Ice Arena, Lilley Gulch Recreation Center, the Peak Community and Wellness Center, four outdoor swimming pools, Indoor Sports Arena, Foothills Golf Course complex, Meadows Golf Course, and 69 park sites totaling more than 2,410 acres and including four regional parks, 42 neighborhood and community parks and 24 greenbelts. In addition Foothills manages six regional trail corridors for public use, which, combined with park trails, total more than 31 miles. For more information visit www.ifoohills.org , or call (303) 409-2100.