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For Immediate Release

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**The National Institutes of Health Launches
Health and Fitness Craze in Silver Spring**

**Fifth Annual Premier Health and Fitness Expo Features Free Fitness Activities,
Sports Clinics, the 2004 NIH Healthy Games, Interactive Health Seminars, Wellness
Workshops, Health Screenings, Mini-Lab Sessions, Exhibits, Games, Prizes and More**

30-Second Spot

BETHESDA, Md.—Catch the health and fitness craze with the National Institutes of Health on Saturday, April 24th, from 10 a.m. to 3:30 p.m. for a day of FREE family fun in Silver Spring, Maryland. Ask NIH experts your questions on topics such as nutrition, diabetes and bone health. Have your blood pressure checked. Take the Healthy Games Challenge and win great prizes in NIH's own version of the summer Olympics. Participate in sports clinics, health screenings, hands-on lab experiments, exhibits and more. Call 301-650-8660 or on the Web visit sharethehealth.od.nih.gov.

15-Second Spot

BETHESDA, Md.—Join the National Institutes of Health on Saturday, April 24th, from 10 a.m. to 3:30 p.m. for a day of FREE health and fitness fun in Silver Spring, Maryland. Interactive seminars, sports clinics, health screenings, exhibits and more are featured. Call 301-650-8660.