



STATE REPRESENTATIVE

TOM QUIGLEY

NEWS FROM THE CAPITOL

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6th Annual

Friday, April 15, 2011

9:30 am to 1:30 pm

LUNCH

**Montgomery County
Community College
101 College Drive**

**EASY
PARKING**

FIVE \$100 CASH PRIZES **FREE** Health Screenings
And many other door prizes! *Mini Workshops for Caregivers & Seniors*

11 am: Q&A Session with Tony Phyrillas

The Mercury's City Editor & Political Columnist

11:45 am: Music by Pottstown Middle School Woodwinds

12:20 pm: Music by Pottstown High School Show Choir

1:15 pm: Drawings for prizes

Plus! FREE Individual *Caricatures* by Cartoonist Alan MacBain

Sponsored by: **State Representative Thomas Quigley, The Mercury,
Montgomery County Community College & The TriCounty Community Network**

Call 610-326-9563 for more info!

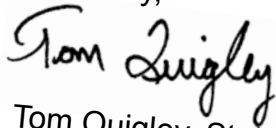
Dear Neighbor:

On Friday, April 15, I will host my Sixth Annual Healthy Lifestyles EXPO. You can join me from 9:30 a.m. to 1:30 p.m. at the Montgomery County Community College, located at 101 College Drive in Pottstown, to learn more about the services available in our community to help you maintain an active and healthy lifestyle.

I am partnering with The Mercury, Montgomery County Community College and the TriCounty Community Network to offer up a day of fun and information, which will feature a wide array of exhibitors. Highlights of this free event include health screenings, health care tips, door prizes, a free lunch and great wholesome entertainment. Artist Alan MacBain will delight with his caricatures and Pippin the Clown will make you smile with her balloon creations.

At 11 a.m., Tony Phyrillas, The Mercury's city editor and political columnist, will lead a question-and-answer session, followed by an appearance of the Pottstown Middle School Woodwinds and a production number by the Pottstown High School Show Choir. Please see the reverse side for more details. As always, feel free to contact my office if you have any questions. Information is also available at RepQuigley.com.

Sincerely,



Tom Quigley, State Representative
146th District

Join the Fun at the Healthy Lifestyles EXPO!



The annual Healthy Lifestyles EXPO always draws a crowd, and we have had to expand the space for the event over the years. I welcome you to attend the EXPO to learn more about the health care programs and local and state resources available.



Health screenings, performed by the nursing students of the Montgomery County Community College, are always a popular draw of the Healthy Lifestyles EXPO.



Many state and local agencies will be on hand to answer your questions about the programs and services available in our community.



Along with traditional health programs, you can also explore alternative wellness information at the Healthy Lifestyles EXPO.



Students with the Pottstown High School Show Choir always wow the crowd with their singing and dancing talents. They will perform again this year during lunch.



Don't miss out on this fun and informative event. Hundreds of people will attend, and I invite you to join them in learning more about how to live a healthier lifestyle.

State Representative Tom Quigley

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