

# PRESS RELEASE

## Cypress Recreation and Community Services

June 7, 2016

Contact: Joan Bardin  
(714) 229-2005  
[www.ci.cypress.ca.us](http://www.ci.cypress.ca.us)

### **SUBJECT: COMMUNITY RESOURCE FAIR AT THE CYPRESS SENIOR CENTER**

Find better ways to be your best at the Cypress Community Resource Fair! The Fair will be held on Friday, June 10, 2016 from 9:00 am until 12:00 Noon at the Cypress Senior Center. This event offers information, products, and services from Southern California companies, public agencies and businesses. The entire community is invited to attend. Free admission to the Community Resource Fair. This is a great opportunity to gain information on a wide variety of topics and services including health, image, finance, and much more. Free screenings will be available. There will also be giveaways and door prizes.

Free MELT demonstrations will be offered: 11:00 am for Hands and Facelift and 11:30 for Feet. Learn how to ease chronic pain and tension in your feet, hands, low back and neck, while sitting in a chair, using this simple self-treatment technique with soft balls.

The Cypress Senior Center is located at 9031 Grindlay Street, just south of Lincoln Avenue between Walker Street and Moody Street. For additional information call (714) 229-2005.