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 NOMINATIONS CLOSE FEB. 16

ENTERTAINMENT | LIFESTYLE

Library hosts Wellness Fest

Free health screenings, chair massages and cooking demos at Encinitas Library

By **Linda McIntosh** 9:24 A.M. JAN. 17, 2014

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ENCINITAS — A free Wellness Festival with health screenings, chair massages, wellness tips and food samples is from 11 a.m. to 3 p.m. Jan. 25 at the Encinitas Library, 540 Cornish Drive.

The festival features demonstrations, dozens of exhibitor booths and presentations that kick off wellness week, running through Feb. 1.

Scripps Health will provide free blood pressure screenings, North County Health Services will conduct children's hearing and vision tests and Tri-City Medical Center will offer body fat testing along with depression screening. Stress exams and sleep apnea tests will also be given.

There will be healthy cooking demonstrations and free food samples.

Visit encinitas101.com.

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RECOMMENDED TRENDING

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More passes next time, Gates says

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