

News from Genoa Main Street



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Living Well for People & Pets

Healthy Fun Comes to Genoa's Market June 25th

Visitors will get a healthy dose of fun and fitness at Genoa's popular Open Air Market on Saturday, June 25. Kishwaukee Community Hospital, a market sponsor, will be on hand as well as vendors featuring healthy products for those that come on two legs or four.

"We've just begun our Healthy U summer campaign, so we will have materials out for that," says Dana King, KishHealth System events specialist. "The program is broken into four sections: fitness, nutrition, general health and family wellness. The unique aspect of this program is that it can be individualized to fit each person's own needs."

The hospital's booth will be just one of the places to get healthy. The market will be just in time for visitors to pick up the best fresh strawberries and other local produce. Several vendors will offer new food products to help families build healthy meals.

Wildtree is a new vendor at the market. "Wildtree was founded on the premise that food should be natural, nutritious, delicious, and easy to prepare - all at the same time," says Susan Wilson, Wildtree representative. "So instead of using preservatives, additives, MSG or dyes, Wildtree products are made with the finest natural ingredients available." She will be on hand to answer questions and offer recipes for making easy delicious meals that are good for you too.

The market's frequent four legged visitors will not be forgotten. Several vendors offer healthy treats for dogs as well as toys to keep them moving. "Ledfoots Pet Bakery provides homemade pet treats that have many healthy benefits for your pets", says Susan Weitzel, bakery owner. "We have some great toys to help you and your dog or cat get active and have fun."

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There will be lots more to do than just shop. “Kids and adults can try some fun fitness tests to see how well they do”, says Mim Evans, Genoa Main Street executive director. “We’ll also have coloring sheets for the kids and handouts for summer fitness activities for kids, adults and dogs. In addition there will still be crafters, home based businesses, antiques and the other interesting vendors people have come to expect at the Open Air Markets.”

Some spaces are still available for the June 25 market. Reservations can be made online at genoamainstreet.org. Another option is to email the Main Street office at genoamainstreet@atcyber.net or call 815 784-6961.

Genoa Main Street, Inc. is a volunteer organization dedicated to preserving Genoa's historic heritage and small town wholesomeness while promoting economic development and downtown improvements.