

For Immediate Release

**Catholic Charities of Fairfield County to Host Room to Grow Preschool Wellness Fair**

Norwalk, Connecticut – Catholic Charities of Fairfield County is proud announce it will be hosting its first annual Room to Grow Preschool Wellness Fair on April 11, 2023 from 3:00 PM to 6:00 PM. The event will take place at Room to Grow Preschool, located at 208 East Avenue in Norwalk in the gymnasium and will feature a variety of health and wellness activities for preschool-aged children and their families.

The fair will feature interactive and educational activities, including healthy snack demonstrations, exercise activities, and fun games for children and their parents to enjoy. Attendees will also have the opportunity to speak with local health professionals and learn about available resources for families.

“We are excited to host the Room to Grow Preschool Wellness Fair for our community,” said Nancy Owens, Program Director. “We know how important it is to provide young children and their families with resources and education on health and wellness, and we are proud to offer this event as a way to support our community’s well-being.”

In addition to the activities and resources, the fair will also feature door prizes, giveaways, and photo opportunities.

The event is free and open to the public. All are welcome to attend and participate.

For more information about the Room to Grow Preschool Wellness Fair or to learn more about Catholic Charities of Fairfield County, please visit www.ccfairfield.org or call 203-416-1503.

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