



**Legacy Village Teams Up with Cleveland Clinic Wellness Institute for *Wellness in the Village*  
*Learn More about Yoga, Acupuncture, Fitness, and Healthy Cooking from the Experts***

LYNDHURST, Ohio (July 2010) Looking to de-stress...feel more energetic...try yoga...take a massage break?

Make the most of your health with a free afternoon of *Wellness in the Village*, presented by Legacy Village and Cleveland Clinic Wellness Institute on Friday, August 20 from noon – 4 p.m. The afternoon begins at the Legacy Village Lawn with a presentation by *New York Times* best-selling author and Cleveland Clinic Chief Wellness Officer Dr. Michael Roizen, titled “The Cleveland Clinic Experience on Controlling Your Genes and What it Means to You.”

Cleveland Clinic Wellness Institute presentations and demonstrations continue throughout the afternoon on the Legacy Village Lawn on topics ranging from yoga, fitness and acupuncture to dietary supplements and healthy cooking. Attendees can also explore mindful meditation, massage and the latest fitness trends. Complimentary blood pressure checks and additional screenings will be available.

Legacy Village merchants are also participating in the event, including:

- The Viking Store: Live cooking demonstrations in their cooking studio
- Urban Active: BMI testing and heart rate testing adjacent to The Lawn
- Ladies and Gentlemen: Hand and arm massages as well as stone and chakra massage demonstrations
- And more!

“Legacy Village and Cleveland Clinic Wellness Institute are neighbors – literally just over the fence from one another on Richmond Road. This is a great way for our community to experience the best that wellness programs have to offer,” said Legacy Village General Manager Marcie Gilmore. “At *Wellness in the Village*, Cleveland Clinic Wellness Institute staff and Legacy Village merchants will join together to showcase the many perspectives of a lifestyle grounded in wellness.”

“Cleveland Clinic is known nationally for its prominence in wellness and prevention,” said Michael F. Roizen, M.D., Chief Wellness Officer at Cleveland Clinic. “It is very important to us to participate in this event and share our knowledge on how to live well with our neighbors as well.”

Legacy Village is Northeastern Ohio’s premier lifestyle center located in the Cleveland suburb of Lyndhurst. Legacy Village features 55 restaurants and retailers, many of which are unique to the area. For more information, call the Legacy Village Management Office at 216-382-3871 or visit us online at [www.legacy-village.com](http://www.legacy-village.com).

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