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Amigos Promotes Healthy Summer Habits with Free Health Fair June 6

(LUBBOCK, Texas) – For the sixth consecutive year, [Amigos](#) will host its semi-annual [health fair](#) at four stores in the Lubbock and Amarillo areas this Saturday, Jan. 6. All activities are open to the public and free of charge, as part of the store’s commitment to help guests make healthy living a part of their everyday lives.

Pharmacy members and dietitians will be on hand to provide guests with blood pressure, cholesterol and glucose screenings, body mass index (BMI) calculations and healthy weight education. Every guest who completes the screenings will be entered into a drawing to win a DeWalt drill. Also, guests will receive handouts and sunglasses to raise awareness about sun safety for the start of summer.

In addition, fresh cut fruit will be available for sampling, recipe cards to take home and guests will also have the opportunity to learn about the [NuVal Nutritional Scoring System](#), which helps guests make more nutritious food choices by rating all foods and beverages on a scale of one to 100 based on various nutritional factors.

WHAT: Amigos Health Fair

WHEN: Saturday, June 6, 11 a.m. to 3 p.m.

WHERE: Amigos – Amarillo, 3300 I-40 East, Amarillo, TX 79103
Amigos – Lubbock, 112 N. University, Lubbock, TX 79415
Amigos – Hereford, 520 N. 25-Mile Ave., Hereford, TX 79045
Amigos – Plainview, 2403 N. Columbia Ave., Plainview, TX 79072

WHO: Pharmacy Professionals and Registered Dietitians

MEDIA: For photo/filming opportunities and interviews, please contact:

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About Amigos®

[Amigos®](#) is a grocery store that provides a unique blend of traditional and cultural favorites for Hispanic shoppers, as well as any guest who loves authentic Mexican flavors and unbeatable values. Stores can be found in four communities in Texas: Amarillo, Hereford, Lubbock and Plainview. Amigos is operated by [The United Family®](#), a Texas-based grocery chain that has 67 stores in West Texas, Dallas-Fort Worth and New Mexico under five unique brands: [United Supermarkets](#), [Market Street](#), Amigos, [Albertsons Market](#) and United Express. The United Family is a wholly-owned subsidiary of Albertson’s LLC. For more information, please visit www.amigosunited.com.