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Amigos to Help Guests Stay Healthy with Free Health Fair This Saturday

LUBBOCK, TX . For the third consecutive summer, [Amigos](#) will host its semi-annual health fair as part of its more than \$1 million investment into the growth of its health and wellness programs for its guests and team members.

The event will take place from 11 a.m. to 3 p.m. this Saturday (July 14) at all three Amigos locations in Amarillo, Lubbock and Plainview. All activities are open to the public free of charge.

"This year, we hope to provide guests with information to help them create typical Mexican cuisine in a healthier way," said [Tyra M. Carter](#), PhD, RD, LD, corporate dietitian for United Supermarkets, LLC. "Additionally, we will strive to increase awareness of the sugar content in popular beverages. With a few small changes, guests can make a large impact on their health."

Registered dietitians will be on hand to provide guests with diabetes and blood pressure screenings, assessment of their weight, calculate body mass index (BMI) and assess percent of body fat.

Additionally, guests will have the opportunity to meet with a NuVal champion regarding the [NuVal Nutritional Scoring System](#), which helps shoppers make more nutritious food choices by rating all foods and beverages on a scale of one to 100 based on a variety of nutritional factors. Guests can find the NuVal score in stores on many shelf price tags.

For more information about Amigos' health and wellness initiatives, the NuVal Nutritional Scoring System or the upcoming health fair, visit amigosunited.com/HealthFair2012.asp.

About United Supermarkets

Now in its 96th year of operation, United Supermarkets, LLC, is a Texas-based, family-owned grocery chain with stores in 30 markets across north and west Texas. A self-distributing company with its headquarters in Lubbock and distribution centers in Lubbock and Roanoke, United currently operates 51 stores under four distinct formats: [United Supermarkets](#), [Market Street](#), [Amigos](#) and United Express. The company's 52nd store . a fourth-generation Market Street location . is currently under construction in Lubbock.

Tweet it: @UnitedWestTexas to host #free health screenings at all Amigos locations on July 14!

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