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**Inaugural Palm Springs International Health & Fitness Festival
Slated for Nov. 13-15**

Nov. 11, 2015

Palm Springs is leading the way in the Coachella Valley when it comes to practicing and promoting health and wellness -- and the City of Palm Springs Sustainability Commission along with Palm Springs Police and Fire and P.S. Resorts invite the entire community to focus on getting fit at the inaugural Palm Springs International Health and Fitness Festival, **Nov. 13-15**. The Title Sponsor is Desert Regional Medical Center. Festival passes start at \$15 per day. Children under 12 are free when accompanied by an adult.

Friday activities are throughout the city and Saturday and Sunday events will be held from 10 a.m. – 4 p.m. at the Palm Springs Air Museum, 745 N. Gene Autry Drive. The festival will offer a variety of vendors offering holistic therapies, medical resources, health-focused products, electric vehicles as well as informational panels and programs for individuals and families to make active and healthy lifestyle choices. In addition, on Friday, Nov. 13, festival ticket holders are offered free registration to participate in morning Yoga at Mercedes-Benz, indoor rock wall climbing at Desert Rocks Indoor Climbing Gym, golf-board test rides at Tahquitz Creek Golf Resort and much more. For a complete schedule and list of events, visit www.pshealthfest.org.

On **Saturday, Nov. 14**, the Palm Springs Police Department will offer a Bicycle Agility Course for adults and children on the tarmac at the Palm Springs Air Museum from **10 a.m. – 4 p.m.** Participants will have an opportunity to ride with the police and learn about bike safety. In addition, the Palm Springs Sustainability Commission will be on hand with maps and information about the many new bicycle lanes recently installed throughout the city.

Another much anticipated highlight, a timely NFL All-Pro Panel, sponsored by P.S. Resorts and Harold Matzner, which will discuss concussions and positive solutions for a more enlightened approach to help concerned parents of athletes. The panel features Kansas City Chiefs Hall of Famer, Nick Lowery, Chief's All-Pro Running Back, Christian Okoye, Raiders Defensive End, Pete Koch and Raiders safety, Mike Davis. More than 60 students from local schools are expected to join the conversation at 1:30 p.m. on Saturday.

The closing day on **Sunday, Nov. 15** will feature a 2 p.m. panel program with world-renowned plastic surgeon Dr. Andrew Ordon, co-host of the Emmy-award winning CBS talk show *The Doctors*. Dr. Ordon and his medical partner Ritu Chopra, MD will discuss prevention, analysis and treatment of skin conditions. Also on Sunday, the Palm Springs Fire Department will offer family emergency preparedness sessions. To view a full listing of events, visit www.pshealthfest.org.

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