



NEWS RELEASE

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3 Ways BOWL-A-THON Can Help You Keep Your New Year's Resolutions

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(Southampton, PA) We are now a few days into 2017 - Is your New Year's resolution still intact?

If you're struggling (or even if you're not) – HealthLink would like to help you keep your resolution by offering the opportunity to register to join us at our 5th annual Charity **BOWL-A-THON Fundraiser** on February 4th from 3pm-6pm at **Thunderbird Lanes** in Warminster.

Not convinced that BOWL-A-THON will solve your resolution problems? Here's how HealthLink can help:

If you've resolved to get more physically active, then read on for an interesting fact. BOWL-A-THON involves three hours of unlimited bowling. A person weighing 200 lbs bowling for 3 hours can burn about 900 calories.

If your resolution was to spend more time with family and those important to you, then you know who to invite to join your bowling team. Teams can have as many as 8 people per lane, and bowling is a sport accessible to people of all ages and abilities. (You can even use the bumpers!)

If you have plans to be more charitable in 2017, then behold - this afternoon of bowling fun is for a good cause! Proceeds from BOWL-A-THON go to providing free dental care to underserved adults in our community. HealthLink is funded *entirely* by charitable contributions.

So take the first step towards a year of positive changes - [Register now](#) for HealthLink's BOWL-A-THON Fundraiser, then start recruiting your team to join you!

Registration costs \$35 per person and includes 3 hours of bowling, shoe rental, DJ entertainment, snacks, and door prizes. Additional details about BOWL-A-THON can be found online at: <http://tinyurl.com/HLbowl17>

HealthLink Dental Clinic provides free dental care to low-income adults living in Bucks and Montgomery Counties. To learn more about the clinic, its mission, and who is eligible for free care, visit www.healthlinkdental.org or call (215) 364-4247.

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HealthLink Dental Clinic is a nonprofit organization whose mission is to improve the overall health of qualified low-wage earning adults in Bucks and Montgomery counties by providing free preventative and restorative dental services and oral health education. HealthLink is located at 1775 Street Road in Southampton, Pennsylvania. More information is available online at www.healthlinkdental.org.