

## Health Fair at Southminster Oct. 24

“Prevention is Key,” a head-to-toe health fair for all ages, will be hosted by Southminster Presbyterian Church, 7001 Far Hill Avenue in Centerville, 9 a.m. to 12 noon, Saturday, Oct. 24. The free event will be held in Southminster’s Christian Fellowship Center—entrance off rear parking lot.

The community is invited

to “drop-in” for health-related information, hands-on learning and assessment, blood pressure checks, interactive activities for children, healthy snacks and door prizes. Also, if vaccines are available, flu shots will be administered at a cost of \$24.99.

The fair will feature representatives from more than 25 health-related organizations and busi-

nesses including Alzheimer’s Association, American Cancer Society, American Heart Association, Chiropractic Care, Dietetics and Nutrition and Medication Interaction.

Hands-on learning/assessment will offer balance therapy, eye care, vision screening, hearing consultation, pulmonary function, skin care and scans,

stress management and weight management. Information will be provided for elder care & home safety and personal health records.

The fair will offer fingerprinting and ID for children, plus tips for child home safety.

In addition, the following health screenings by “Wellness to Go” - some requiring fees

- will be available by appointment. These are: Cholesterol (fasting and non-fasting); (CRP)/Lipid Profile; Body Composition & Fitness Analysis; Prostate Screening; Osteoporosis and Ultrasound Screenings. For appointments or information on specific screenings, contact Suzi Dameron, evenings, at 435-5821.

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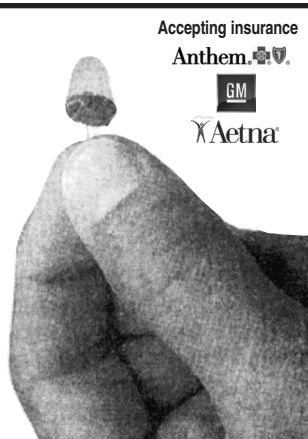
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