

## Health fair moved to Event Center

Written by Kyle Arnoldy

---

East Phillips County Hospital District will host its annual health fair Saturday, March 23 from 9 a.m.-noon. For the first time, the event will be held at the Phillips County Event Center at the fairgrounds in Holyoke.

A number of services will be offered as providers will set up booths and stations to help educate those in attendance on a variety of health issues.

Ear checks, height, weight, blood pressure and body fat analysis will be offered along with screenings for anxiety, depression and peripheral vascular disease.

Providers for the event include Regent Park, Colorado Health Connections, Abts Pharmacy, Relay for Life, Alzheimer's Association, Melissa Memorial Hospital, Melissa Memorial Hospital Foundation, Northeast Health Department, Lorin Brandon, DPS, CSU Extension Office, Holyoke Pharmacy, Annette Shaw from Weight Watchers, Hospice of the Plains, Terry Cummings, AuD, Centennial Mental Health and Northeastern Home Health Care.

Holyoke Lions Club members will be collecting old pairs of eyeglasses and hearing aids at the fair as well.

For the 585 people who had their blood drawn, results will be ready for pickup. Providers and clinicians will be on hand to help with lab results.

Those who have not had their blood drawn can do so at the fair. Although results will not be ready that day, they can be picked up at the hospital at a later time. For those planning to have blood drawn, it is advised to fast for 10-12 hours prior to the event and drink plenty of water.

MMH administrator John Ayoub stressed that good health is more than a lack of any disease, but doing what is necessary to improve the quality of life. Many of the services offered can help identify ways to stay healthy.

## Health fair moved to Event Center

Written by Kyle Arnoldy

---

The services are not meant to raise money for the hospital as they are offered at a greatly-reduced price, Ayoub said, but serve an educational purpose. Attendees will not only receive tremendous information, but will be able to ask questions and discuss issues with clinicians.

Holyoke Enterprise March 21, 2013