

## Health fair is Saturday

Written by Kyle Arnoldy

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East Phillips County Hospital District will return to the Phillips County Event Center for the second straight year to host the annual health fair Saturday, March 22 from 9 a.m.-noon.

Booths and stations will be set up to both help educate attendees to a number of health-related issues as well as to offer various services.

Blood draws will be available at the health fair, along with ear checks, height and weight, blood pressure and body fat analysis. Screenings for anxiety, depression and peripheral vascular disease will also be offered.

Attendees will have the opportunity to sign up at the Melissa Memorial Hospital booth to have a DEXA scan done in April at a reduced rate. DEXA scans measure bone mineral density.

Holyoke Lions Club will once again be collecting old pairs of eyeglasses and hearing aids during the day.

As of Monday, March 17, 583 people have had their blood drawn. Results will be made available to pick up at the health fair. Providers will be on site to help review lab results.

For those who have not yet had blood drawn but plan to Saturday, a 10-12-hour fasting period prior to blood draws is necessary. During this time period, people are encouraged to stay hydrated by drinking plenty of water.

Results will be available at a later date for those who have their blood drawn at the health fair.

Vendors who will have booths at the event are Lions Club, Rural Solutions, Relay for Life, Plexus, Northeastern Health Department, CJ Barnes, Melissa Memorial Hospital, Melissa Memorial Hospital Foundation, CSU Extension Office, Holyoke D.A.R.E. and Northeast

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Colorado Area Agency on Aging.

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