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## Wellness Expo Gets Many Off To Great Start In 2015

Locals attended the free sixth annual Community Wellness Expo on Wednesday hosted by the Lawton/Fort Sill Chamber of Commerce in Partnership with Fit Kids of Southwest Oklahoma.

David Denham, project chairman, said the purpose of the expo was to bring awareness to people to stay healthy and start healthy habits. He said they expected about 300 to attend.

“This is the time of the year when people are focusing on their New Year’s resolution to get healthier, eat better and work out,” Denham said. “We are trying to provide a source of information that can be helpful to change their lifestyle positively.”

Some of the major sponsors of the event included Comanche County Memorial Hospital, Southwestern Medical Center, Oklahoma Heart Hospital and Heart and Vascular Center, Platt College and Metro PCS, among others. Denham said a blood work package worth \$200 in hospitals was offered for only \$20 at the expo. Another popular stop was the free electrocardiogram (EKG) provided by Oklahoma Heart Hospital and Heart and Vascular Center.

There were also some new additions to the expo this year. Denham said they added two physicians, pharmacists, residents from the University of Oklahoma Medical School and a drop box set up by the Oklahoma Bureau of Narcotics & Dangerous Drug Control and Lawton Police Department (LPD) to drop off old medications for proper disposal.

“The physicians help people to go over their results when they check out to see if there is something about their blood sugar level or other measurements that jumps out and advise them or refer them to a doctor,” Denham said. “The pharmacists help the people who are taking different medications to find out if they go well together. The drop box for old medications provides people a safe place to dispose their expired medicines.”



Tammy Rodriguez, Great Plains Technology Center student, draws blood from Linda Anthony for a blood test during the Lawton/Fort Sill Community Wellness Expo on Wednesday.