



## Good health joins up with fun fair

Posted: Tuesday, October 1, 2013 12:45 pm

Good health is the theme for a big gathering this weekend in Pauls Valley.

The public is invited to come out and learn more as the Garvin County Health Coalition will host its third annual Wellness Fair from 9 a.m. to noon Saturday, Oct. 5 at the Reynolds Recreation Center in the local Wacker Park.

The fair will again feature all kinds of things, including health screenings, giveaways, car seat safety checks, wellness and safety information and a one-mile family walk and fun run around Wacker Park starting at 8:30 a.m.

The walk and fun run is for all ages and abilities.

Available health screenings include glucose, blood pressure checks, PSA and cholesterol.

The Oklahoma Blood Institute (OBI) will be on site this year for a blood drive.

It's a Bedlam blood drive as this week's first one is from 9 a.m. to noon Thursday, Oct. 3 at the PV General Hospital conference room, followed by those same times Saturday at the wellness fair.

OBI will also be offering a free bone marrow registry during the fair.

Betsy White chairperson of the health coalition, has said expectations are for this event to be as successful as last year's fair.

"Your presence will help insure that success," White said.

- Also featured this weekend is a Free for All event hosted by Grant and Maple Church of Christ in PV. The event is from 9 a.m. to noon Saturday. Clothes and various other items will be offered as the public is invited.
- Light of the World Church will host a car wash fundraiser from 11 a.m. to 2 p.m. Saturday at the church, off of SH 19 about 1 mile west of I-35.
- The next PV Opry show will be Saturday night in the Pauls Valley High School auditorium.
- Rural Electric Cooperative will hold its annual membership meeting starting at 8 a.m. Saturday at REC's Multi-Purpose Center in Lindsay. A free health fair for members is also featured.
- First State Bank in Elmore City, 206 S. Main, is inviting the public to bring any papers for safe shredding from 10 a.m. to 1 p.m. Saturday.
- City-wide garage sales in Lindsay will be Saturday. Maps of the locations will be available on Oct. 3 by the Lindsay Chamber of Commerce. The Chamber's After Hours will be from 6 to 8 p.m. Tuesday, Oct. 8, which will include the introduction of a new city manager, refreshments, silent auction and music.
- St. Catherine's Catholic Church, 205 W. Bert, will host a Mexican festival and carnival in its courtyard from 11 a.m. to 3:30 p.m. Sunday, Oct. 6.

The public is invited for food, fun, fellowship and games.