



Ezra Mann | Oct. 2, 2015

Wellness fair tailgates into town

When it comes to fans of the University of Oklahoma or Texas football programs, Saturday, Oct. 10 might as well be a religious holiday.

However, it's also a pretty big day for healthier choices as the Reynolds Recreation Center in Pauls Valley is set to host a fifth annual wellness fair.

Organized by the Allies for Better Living and led by those like co-chair Jennifer Samford, it's a one stop shop for health screenings, information and a little bit of family fun.

"We've lined up some good booths and things we're excited about it. This is a great place to come," said Samford, noting how there really isn't a perfect weekend to host an event this time of year.

"We moved the date back a week and our hopes were so we could get some of the people here. We dropped back to hopefully get a few more booths in there as well."

The fair takes place from 9 a.m. to noon and the first activity is a new one in the form of a mile fun run at 9:2 a.m., hosted by the local PV running group.

There will also be a bicycle rodeo at 10 a.m., conducted by the PV Police Department, that will include an obstacle course as well as lessons taught on signaling and following street signs.

Samford noted that for those torn between watching the game and learning to be healthier, the game will be on TVs at the recreation center.

It doesn't hurt that the theme of the event is also tailgating and that they are serving turkey dogs and bottled water, while it lasts.

Samford added that included in the screenings are new ones for hearing and dental. There are those returning with booths like Prevent Blindness and a Lions Club trailer with six different screenings.

"What the coalition is hoping for is if we have enough interest we can get a low cost dental van to provide low cost dental procedures. The first thing is we need to have the response to show there is a need," said Samford, pointing out how the public could benefit after the fair ends.

"I've earned a lot by being involved from People who came to what used to be Garvin County Health Coalition. There's a lot of people who can point you in the right direction, provide solution and answers."

It will all be complimented by fitness demonstrations like those by the local martial arts class, and there are also chances to win door prizes or a free bicycle for kids.

In the end, Samford said even she's benefited with some of the activities for her own two boys. This is from parenting information along the lines of the car seat safety check to saving money on screenings.

"I think people are wanting free information and some free basic screenings. I know my children have been able to have vision screenings for free, so for me personally, it has been a beneficial thing," said Samford.

“If everyone would come in search of answers there’s a lot of information and access in one spot whether it be for children, seniors or adults.

“I think we don’t often realize the services that are out there. I think by coming to this you might find something that might help you or someone you know.”

For more information or how to get involved, call Garvin County Health Department educator Julie Selman at 405-238-7346.