



## **This fair is all about good health**

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The Garvin County Health Coalition (GCHC) will be hosting its third annual Wellness Fair early next month.

Everyone is welcome to attend as the event is set from 9 a.m. to noon Saturday, Oct. 5 at the Reynolds Recreation Center in Pauls Valley's Wacker Park.

The fair will include 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 screenings.

The Oklahoma Blood Institute will be on site this year for a blood drive, and will also be offering a free bone marrow registry.

"Last year's event was a great success and participants expressed how much they enjoyed the event," said Betty White, coalition chair.

"This year's wellness fair should be just as great and your presence will help insure that success."

Statistics also show Garvin County currently is ranked the 71st "most unhealthy" county in Oklahoma out of the 77 counties, according to the Robert Wood Johnson Foundation.

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According to America's Health Rankings through the United Health Foundation, Oklahoma is ranked 43rd out of 50 states as unhealthy.

"This wellness fair is a positive step in the right direction of changing those numbers and making Garvin County healthier place to live."

For more information on booth space, call Julie Selman at the Garvin County Health Department, 405-238-7346.