



Health fair a new tradition

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By: Barry Porterfield, bporterfield@pvdemocrat.com

Quickly becoming a Pauls Valley tradition is a gathering that reminds us all of the importance of good health.

For the fourth straight year the Garvin County Health Coalition will soon host a wellness fair at a very appropriate place—the Reynolds Recreation Center in PV’s Wacker Park.

This time around the fair will go from 9 a.m. to noon Saturday, Oct. 4.

As in the past the fair will be packed with all kinds of fun ways to show us how to liv healthier lifestyles.

One coalition member says the event really represents the overall message of the group.

“We’re encouraging people to eat better, move more and be tobacco free,” said Erin Creach, who serves as the coalition’s vice chairperson.

“Anything that encourages good health will be there at the wellness fair.”

Much of the fair will center around the recreation center’s place normally reserved for activities like basketball.

The visitors will find all kinds of different ways to check your health.