



Health Coalition to host free Wellness Fair

October 2nd, 2014 | By Bonnie Seymour, News Star Reporter

A person's health is always a very real concern, and with recent changes to the health care system, getting answers is getting harder and harder.

With that in mind, the Garvin County Health Coalition is hosting a free Wellness Fair from 9:00 a.m. to 12:00 p.m. Saturday, October 4 at the Donald W. Reynolds Recreation Center in Pauls Valley.

Visitors of the fair will have access to free screenings for blood pressure, bone density, glucose, lung function, vision, and many more.

People will also be able to have their Body Mass Index (BMI) screened.

Car seat checks will be conducted and information regarding wellness and safety will be available to all.

"All of this falls in line with what the Health Coalition is all about. We want to encourage people to be more aware, to live a healthier life style, move more, and be tobacco free," said Erin Creach, co-chair of the Health Coalition.

The all-ages event will also offer entertainment, door prizes, and a drawing for a children's bike.

The Donald W. Reynolds Recreation Center is located inside Wacker Park in Pauls Valley.

For more information contact Julie Selman at 405-238-7346.