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Health and Safety Fairplanned April 8

The Norman Transcript

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Health screenings, information booths and fun activities for adults and children are planned during the Spring Into Action Health and Safety Fair sponsored by Norman Regional Hospital.

The fair is set for 9 a.m. to 2 p.m. April 8 at the hospital's HealthPlex at Interstate 35 and Tecumseh Road.

The event is a program of Healthy Community, a group of businesses, organizations and individuals dedicated to promoting healthy lifestyles.

Norman Regional Hospital Community Services Coordinator Jim Corder said events like the health fair will help improve awareness of health activities and lifestyles now and in future years. The fair is one way the hospital partners with the community to promote healthy initiatives, he said.

"The Healthy Community Fair provides community members of all ages with the information to make healthy choices and the resources to help them lead healthy and safe lives," Corder said.

A variety of healthcare information will be available during the Health and Safety Fair, and medical professionals will be on hand to answer questions and conduct free health screenings. Technicians will check blood pressures and pulses, create stress profiles and conduct asthma screenings. Area residents also can schedule appointments for free total cholesterol and bone density screenings by calling 440-8802.

The Oklahoma Blood Institute will conduct a blood drive. Bicycle safety will be presented, and 200 helmets will be given to children on a first-come basis. Turning Point will sponsor "Walk This Weigh" at 11:30 a.m. to highlight the benefits of walking and exercise. Basketball shooting and hula hoop twirling contests are scheduled for 10:30 a.m. and 12:30 p.m.

Demonstrations of activities that promote health lifestyles also are planned. At 10 a.m., instructors will show techniques of yoga and Pilates. Oklahoma's own Chef Walter will be on hand for heart-healthy cooking demonstrations planned for 11 a.m. and noon. At 1 p.m., a martial arts demonstration is on the schedule.

Children also are included in the activities. An obstacle course will be set up to promote physical activity and fitness. Funny Factory Clown Alley will be on hand to entertain and create balloon animals. Inflatable toys will be set up outside for kids to enjoy.

Representatives from the Norman Police Department will be on hand from 10 a.m. to 1 p.m. to provide child carseat safety checks.

For more information, call 307-2143.