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Walk this weigh

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Joshua Daily with the Mayes County Health Department signed people up for a free pedometer, enticing them to get a t-shirt if they walked 500 steps. The “Walk this Weigh” health fair is the kick-off event for the Mayes County Health Department, which is promoting healthy lifestyles through excercises as simple as walking. At least 200 visitors attended the health fair and were able to view the facilities at the Pryor Creek Recreation Center (PCRC). Vendors who set up informational booths were the PCRC, Oklahoma Health Care Systems, Department of Human Services, Safenet, Arvest Bank, Shepherd’s Care Hospice, ABS Medical, Health Care Innovations and Cherokee Nation.