



[Fun times with health fair](#)

Pauls Valley, Oklahoma — A healthy way of life can also be a fun way, which will be demonstrated in a variety of ways during a health and wellness fair coming up here in Pauls Valley.

Led by a health coalition started last year in PV that plans to branch out into a countywide effort, the fair on Saturday, Aug. 20 will center around the Reynolds Recreation Center in Wacker Park.

The idea behind the fair is to bring people together for a fun event that focuses on healthier lifestyles, said Julie Selman, health educator for the health department in Garvin and Murray counties and member of the health coalition.

“This is a big project for the health coalition — it’s our first project,” Selman said.

“This is something fun to do and it offers the community a lot of different health screenings. Plus the whole fair is free,” she said.

“It started out a small thing and just kept getting bigger every time we talked about it. It will be offering so many great things.”

Some of the fair, scheduled to go from 8 a.m. to noon, will be inside the recreation center while other parts will be just outside of the building.

Inside one part of the center’s gym area will be several booths with each one offering different information on health.

“There will be different booths on various health topics and resources,” Selman said, adding some examples were nutrition, drug and alcohol education just to name a couple.

Another part of the gym will be used for various fitness demonstrations like tumbling and dance.

There will also be plenty going on just outside of the new local recreation center.

For example, there will be a car seat safety check, a bicycle rodeo, also focused on safety, emergency response vehicles and a mobile health screening unit in a large tractor-trailer sponsored by the Pauls Valley Lion’s Club.

The car seat check is sponsored by Safe Kids Oklahoma and the Garvin County Health Department.

Some former OU football players will also be available at the center for autographs and to field questions from 9 a.m. to noon.

During the Saturday morning fair there will be free giveaways every few minutes for those present at the recreation center, including bikes and gift certificates from local businesses.

Selman reminds the public the center is also one of two drop-off sites for the donations of 20-ounce sports drinks to be given to the American Red Cross. The drinks ultimately are given to such first responders as firefighters working at emergencies.

“If people want to bring sports drinks to the fair the recreation center is a drop off site,” she said.