

# THE MORNING JOURNAL

## NEWS

### Health fair set in Wellington



Metro Creative Connection

By [Staff report](#), *The Morning Journal*

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The Parish Nurse Committee of [First United Methodist Church](#) in Wellington will host its fourth annual health fair from 8-11 a.m. May 12, according to a news release.

The event will offer a wealth of free activities including health screenings, fitness testing, healthy snacks and a host of other fun activities at [127 Park Place](#).

“There are so many people without health insurance, and the blood draws alone can be costly,” said Deb Lansman, chair of the Parish Nurse Committee. “Through our health fair, we have reached beyond our church to make health screenings free and available to the community at large.”

Lansman is owner of [Lansman Shape Shop](#), LLC, a fitness company that makes it affordable for people to exercise, as well as being a partner in [Thrive! Southern Lorain County](#), an organization dedicated to reducing the risks of heart disease, diabetes and obesity in the region, the release said.

Organizations participating are:

- [Alzheimer’s Association](#)
- [Cleveland Clinic Cancer Center](#) (Sandusky)
- Creating Balance with aromatherapy and yoga
- Gladys Spencer, a program coach to conduct Evi-Base for diabetes programming for adults 65 and older
- [Herrick Memorial Library](#)

- [Huber Therapeutic Massage](#), offering free 10-minute chair massages
- Lansman Shape Shop LLC – JVS nursing students volunteering to help with fitness assessment testing
- LINC of Southern Lorain County
- [Lorain County Metro Parks](#)
- [Lorain County Office on Aging](#)
- [Lorain County Public Health](#) – a discussion on naloxone, literature on smoking cessation and healthy eating tips
- [Massage Envy](#), offering free 10 minute chair massages
- THRIVE! Southern Lorain County
- [Walmart](#), offering free vision screenings
- [Salvation Army-Wellington](#)
- [United Way of Greater Lorain County](#)

*Editor's note: This story was edited at 10 a.m. May 9, 2018, to clarify Walmart's participation.*

<http://www.morningjournal.com/general-news/20180508/health-fair-set-in-wellington>