



**FOR IMMEDIATE RELEASE**

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**Fourth Annual Health Fair  
on May 12 in Wellington  
*Free Blood Work, Fitness Tests and More!***

WELLINGTON, OHIO – For years the Parish Nurse Committee of First United Methodist Church in Wellington (<http://www.fumc-wellington.org>) offered blood draws and blood pressure tests to congregants for free.

Today, the activity has mushroomed into a dynamic, full-scale Health Fair with multiple organizations providing a wealth of free activities, including health screenings, fitness testing, healthy snacks, chair massages and, just for fun, a raffle. Even Walmart has come on board this year to offer free eye exams.

The Fourth Annual Health Fair will take place on Saturday, May 12, from 8 to 11 a.m. at First United Methodist Church.

**All for Free**

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

Deb is owner of Lansman Shape Shop, LLC, a fitness company that makes it affordable for people to exercise. She is also a Partner in THRIVE! Southern Lorain County ([www.thriveslc.org](http://www.thriveslc.org)), which is dedicated to reducing the risks of heart disease, diabetes and obesity in the region.

Deb adds that, during and after the Health Fair, people can go to Herrick Memorial Library and further educate themselves by checking out free DVDs and books on fitness and health.

**A Host of Activities**

There will be an exciting range of activities at the many tables manned by local and regional organizations. They include:

- Alzheimer's Association
- Cleveland Clinic Cancer Center (Sandusky)
- Creating Balance with aromatherapy and yoga
- Gladys Spencer, program coach, to conduct Evi-Base for diabetes programming for adults aged 65 years and older
- Herrick Memorial Library
- Huber Therapeutic Massage, offering free 10-minute chair massages
- Lansman Shape Shop, LLC, has JVS nursing students volunteering to help with fitness assessment testing (step test, body composition, muscular strength, flexibility, etc.)
- LINC of Southern Lorain County
- Lorain County Metro Parks
- Lorain County Office on Aging
- Lorain County Public Health with a discussion on Narcan to save those addicted to opiates, literature on smoking cessation and healthy eating with recipe cards
- Massage Envy, offering free 10-minute chair massages
- Mercy Parish with blood screenings for CMP, Lipids, PSA, blood pressure
- THRIVE! Southern Lorain County with its Water First for Thirst fruit-infused water\*
- Walmart with free eye exams
- Salvation Army-Wellington
- United Way of Greater Lorain County

**Fasting is encouraged for those getting blood work – even taking morning medications with only water.** After the blood work, participants may enjoy a spread of juice, bagels and cream cheese, yogurt and fresh fruit trays provided by THRIVE!.

### **Raffle Prizes**

Every time a participant chooses to do blood work or get a fitness assessment he or she will be “rewarded” with a raffle ticket. Raffle tickets will be drawn at the end of the Health Fair, and the top winner will get a Fitbit, a wristband that tracks how many steps a person walks each day. The Fitbit will be donated by United Way and is valued at \$100. Other prizes include a gift basket by Massage Envy, carnival glass from THRIVE!, and other goodies.

**WHAT: Fourth Annual Health Fair**

**WHEN: Saturday, May 12, from 8 to 11 a.m.**

**WHERE: First United Methodist Church, 127 Park Place, Wellington; tel. 440-647-3263**

### **About THRIVE! Southern Lorain County**

THRIVE! Southern Lorain County ([www.thriveslc.org](http://www.thriveslc.org)) is committed to increasing access to affordable opportunities to live healthier through improved nutrition, increased physical activity and informed behavioral health – all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from United Way of Greater Lorain County. Like us on Facebook at [www.facebook.com/thrivesoloco](http://www.facebook.com/thrivesoloco).