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Mercy Parish Nursing Health Fair coming to Wellington

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Blood draws, lipid and prostate cancer-detecting tests can be costly, but Wellington-area residents can take these and other tests for free at the fifth annual Mercy Parish Nursing Health Fair on May 11.

The fair will take place from, from 8 to 11 a.m. at First United Methodist Church, 127 Park Place in Wellington.

Some of the most prestigious health-related and public service organizations in Lorain County will have tables at the fair: United Way of Greater Lorain County, Alzheimer's Association, Lorain County Public Health, Lorain Country Metro Parks, The Salvation Army-Wellington, Creating Balance and THRIVE! Southern Lorain County, according to a news release.

There will also be several raffles.

THRIVE! Southern Lorain County will be bringing a sophisticated new tool kit of fitness assessment equipment, which includes an all-in-one digital wrist, heart and blood pressure monitor; a "flex tester" measuring hamstring flexibility; and an advanced Metronome helping amateur and professional runners improve their form and technique, the release stated.