

Local Health Fair coming Saturday

Written by Holyoke Enterprise

East Phillips County Hospital District will host its annual health fair on Saturday, March 20 from 9 a.m. to noon at Holyoke High School.

Those who had their blood drawn will be able to pick up their lab results and visit with a provider about them that day. Drs. Danielle McClellan, Kevin Cuccinelli and Dennis Jelden will be present to help with lab results.

Also, those who haven't had their blood drawn will be able to do so on Saturday. Those planning to do so need to fast for 12 hours before the test. Results will not be available on the same day, but can be picked up later at the hospital.

In addition, providers will be on hand to offer eye and ear checks; height, weight, blood pressure and body fat analysis; and screenings for anxiety and depression as well as for peripheral vascular disease. A massage therapist will also be available along with many additional educational booths and stations.

The health fair is a great way for people to have an annual check up year after year, MMH administrator John Ayoub said. He also mentioned everything that day will be free and no one will be asking for money.

Meeting people and learning about ways to improve health are other advantages of attending the health fair, Ayoub added.