

# Family 9Health Fair

## OWN YOUR HEALTH – A FAMILY AFFAIR

### FOR IMMEDIATE RELEASE

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### **OWN YOUR HEALTH: ATTEND A FAMILY 9HEALTH FAIR** *Bring the Whole Family to One of Nine Family 9Health Fairs this Fall*

**Denver, CO** – Another opportunity to own your health is quickly approaching! 9Health Fair hosts Family 9Health Fair again this fall, beginning September 28 and continuing every weekend until November 3. Family 9Health Fair offers the same high-quality health screenings and services as the spring 9Health Fairs, and is a time for the entire family to take charge of their health.

There are more than 20 free and six low-cost health screenings and education services that address some of today's most critical health issues, including heart disease, diabetes, colon cancer, cervical cancer, prostate cancer, mental health and more. Family 9Health Fairs also offer low-cost flu shots, wellness activities, health resource centers, and much more to truly make it a family affair!

#### 2013 Family 9Health Fairs:

- College America, Fort Collins – September 28, 7am-12pm
- Castle Rock Adventist Health Campus, Castle Rock – September 29, 7am-12pm
- Fraser Valley Elementary School, Fraser – October 5, 7:30am-11:30am
- Welte Education Center, Fountain – October 5, 7:30am-11:30am
- Denver Parks and Rec at Barnum Rec Center, Denver – October 12, 7am-12pm
- Golden Family of Churches at Bell Middle School, Golden – October 19, 7am-12pm
- Laradon/Clinica Tepeyac, Denver – October 19, 7am-12pm
- Joy Lutheran Church, Parker – October 26, 7am-12pm
- Feria de Salud at Adams City High School, Commerce City – November 2 & 3, 7am-12pm

To help you “Own Your Health”, 9Health Fair also provides:

- Information on how to read your results, mailed directly to your home for you to share with your doctor. Results delivered within four weeks of your 9Health Fair visit or within two weeks if you register online.
- Calls from volunteer doctors and nurses if a critical health issue is discovered, usually within 72 hours of your 9Health Fair visit
- Free interpretation and translation services
- Free “Ask A Medical Question / Get A Referral” services at each health fair
- Free health education from local organizations
- Free blood work vouchers available for the community's underserved
- No proof of identification required

“We understand that families today are busier than ever, and with that in mind, we want to make it as easy as possible for families to take charge of their health,” said Jim Goddard, President and CEO of 9Health Fair. “Our Family 9Health Fair offers a safe and reliable environment to be screened for health issues that are pertinent to you and your family, like

autism, stress management, blood pressure, and more. We encourage everyone to make attending a Family 9Health Fair a family tradition that will last for years to come!”

All Family 9Health Fair locations include the following health screenings:

For Adults:

- Blood Chemistry screening (\$30) - information on your blood sugar (glucose), cholesterol, triglycerides, liver, kidney, bone and muscle function, and may show warning signs of diabetes, heart disease and other concerns
- Blood Count screening (\$15) - checks the health of your blood
- Vitamin D screening (\$40) - measures your baseline Vitamin D level
- Hemoglobin A1C screening (\$25) - gives you an average blood sugar level over the past 2 to 3 months
- Prostate Specific Antigen (PSA) screening for men (\$25) - checks for prostate issues and cancer
- Colon Cancer screening Take Home Kit (\$20) - checks for colon cancer

Before having blood drawn, fast for 12 hours (unless you are diabetic) continue taking all prescribed medications, and drink plenty of water.

For Children (free):

- Autism Screening (Ages 16-30 Months)
- Developmental Milestone Screening (Ages 1 Month-5 Years)
- HeartSmartKids Screening - Height/Weight/Body Mass Index
- Hearing Screening (Ages 4 Years and Older)
- Lions KidSight Screening (Ages 2-10 Years)

For Everyone:

- Flu Shots (prices vary)
- Ask Medical Questions/Get a Referral
- Blood Pressure/Pulse Screening
- Oral Health Screening and Education
- Stress Assessment for Families and Teens Ages 15 Years and Older
- Vision Screening

For more information, please visit [www.9healthfair.org](http://www.9healthfair.org) or call 1-800-332-3078.

### **About 9Health Fair**

9Health Fair is Colorado’s largest non-profit, volunteer-driven health fair program that promotes health awareness and encourages individuals to assume responsibility for their own health. Created by a National Institutes of Health project and 9NEWS, 9Health Fair’s free and low-cost health screenings and education program has earned unique endorsements from the Colorado Medical Society, the Colorado Nurses Association and the Colorado Hospital Association. Since 1980, 9Health Fair has impacted 1.7 million lives. As an independent 501(c)(3) non-profit organization, 9Health Fair is proud of its financial management performance, keeping its administration and fundraising expense under 17 percent of its total budget, well under the industry average of 20-25 percent.

Major sponsors for the 2013 9Health Fair include 9NEWS, Quest Diagnostics, and King Soopers. Special thanks to The Colorado National Guard for its continued 9Health Fair support through delivering supplies to volunteers and sites around the state.

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