



FOR IMMEDIATE RELEASE

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9HEALTH FAIR'S SPRING SEASON TO RUN APRIL 9-24

Health Screenings for Adults & Children Offered at 120 Locations Throughout Colorado

Denver, CO — We're just around the corner from your opportunity to get affordable and convenient health screenings, as 9Health Fair's spring season kicks-off on April 9 with a special day to take care of the whole family's health, including your pets. The season continues with the 9Health Fair Express at Pepsi Center on April 15, and the season finale on April 24 with the 9Health Fair Yoga Open at Colorado Convention Center. Each spring, volunteers from the community organize approximately 120 9Health Fair's all across Colorado, placing a variety of life-saving health screenings all under one roof.

New this year, 9Health Fair has unveiled a wellness program called 9Health Ready. 9Health Ready is a resource designed to promote a healthy, balanced life. Focused on 5 pillars of wellness (prevention, sleep, nutrition, exercise, and mental health), local experts share simple and effective resources to help people create or maintain healthy habits.

"We live in a busy world, and oftentimes, our health gets put on the backburner. With practical advice from our panel of experts, you can learn small yet effective lifestyle changes," explains Jim Goddard, President and CEO of 9Health Fair. "9Health Ready builds a healthy foundation so that Coloradans can be 'ready' for anything life hands them!"

Learn more about this exciting new program and join the 9Health Ready community, at www.9healthready.org.

Last year, an important change was made to 9Health Fair requirements. Based on the most current research findings, the 9Health Fair Medical Advisory Committee has determined that fasting is not required (optional) for blood screenings. To best prepare for a blood draw, drink plenty of water and continue to take prescription medications. People with diabetes should not fast. Check with your medical provider for specific recommendations.

At 9Health Fair, you are in control of your health, and you can decide which health screenings are right for you. Included at each location are:

- Blood Chemistry Screening (\$35) - Provides baseline information on blood glucose, cholesterol, liver, kidneys, thyroid, and more.

- Blood Cell Count screening (\$20) - Your body's ability to fight infection, anemia, liver disease and certain cancers can be discovered with this screening, which gives you a general picture of your overall health.
- Hemoglobin A1C screening (\$20) - Measures your average blood sugar control for the past 2 to 3 months. Screens for diabetes/pre-diabetes.
- Colon Cancer Screening Kit (\$25) - This take-home/mail-in kit checks for human blood in the stool, which may indicate colorectal conditions such as polyps, hemorrhoids, or cancer.
- Vitamin D screening (\$45) - Provides baseline Vitamin D levels, which helps you maintain proper bone health and understand your risk for immune diseases, heart disease, and certain types of cancer.
- Prostate Specific Antigen (PSA) (\$30) - Measures a protein produced by the male prostate gland and is not recommended for anyone unless you have a family history of prostate cancer or are monitoring your PSA, per your physician recommendations.

Each 9Health Fair also offers a variety of free screenings such as Blood Pressure, Breast Exams, Prostate/Testicular, Oral, Hearing, Foot, Skin and more. Select fairs also offer free health screenings for children. To find a location near you or to register online, visit www.9HealthFair.org.

About 9Health Fair

9Health Fair advances health awareness, providing people with the tools they need to take responsibility for their own health. 9Health Fair makes available life-saving, professional health screenings and education programs in over 130 sites in communities throughout Colorado and beyond (Nebraska, Wyoming, Kansas). Started in 1970 by the National Institutes of Health and 9NEWS, 9Health Fair became an independent 501(c)(3) non-profit organization in 1987 and has impacted 2 million lives in its 36-year history. 9Health Fair is Colorado's largest non-profit, volunteer-driven health fair program and holds unique endorsements from the Colorado Medical Society, the Colorado Nurses Association and the Colorado Hospital Association. Major sponsors for 9Health Fair include 9NEWS, Quest Diagnostics, Comcast 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.

For more 9Health Fair information, please visit www.9HealthFair.org or call 1-800-332-3078.

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