

Your Health Matters

GET HEALTHY, MONTGOMERY COUNTY

It's time to get healthy Montgomery County. Come and join in the fun at the Be Well Health Fair 2016. This is FREE Event will be held at the Montgomery County Middle School on Thursday, June 2nd from 3:00 pm – 7:00 pm.

It's all about you and your health! There is something for every age, every interest, and every member of the family! The Be Well Health Fair 2016 is the "must go", and "must see", and "must be there" health event in the area!

At the Be Well Health Fair 2016, you will connect with over 40 health care providers, insurers, companies, community resources, non-profits. These agencies are committed to partnering with you to help you take actions and make choices to be healthier. There will be plenty of activities for residents and families to experience fun and fitness, health and wellness, prevention and preparedness with the goal to be healthier.... all in one place, at one time!

This is a community wide effort to reach out to as many of our families and residents who want to come out for a free meal and a night out together. It takes a great deal of time and resources to put on a community event like this and we thankful for everyone's help.

FREE MEAL

Thanks to a partnership with the Kiwanis, we are able to offer a free meal to the community. The first 50 attendees through the door will receive a ticket for a free meal. You will get your meal ticket at the registration booth. The Kiwanis are serving from 4:00 PM to 6:00 PM.

IMS SHREDDING

The BE Well Health Fair 2016 is partnering with IMS Secure to help residents of Montgomery County safely dispose of your office paper and old files. They will not pick up newspapers and magazines.

DOOR PRIZES GALORE

There will be Door Prizes Galore! You can win door prizes all afternoon and evening! Door Prizes will be randomly awarded to participants. Winners must be present! Participants are eligible to win prizes including gift cards from local businesses. The Montgomery County Health Department will be sponsoring two FITBIT giveaways for those attendees who participate in the Family Fun Walk and attend one presentation. Go to the Montgomery County Health Department booth to register.

LOTS OF INFORMATION AND FUN

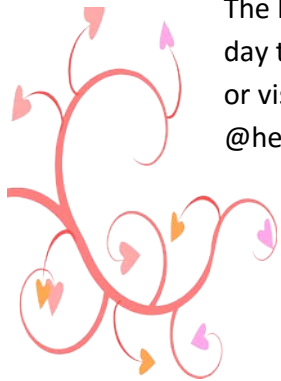
Learn more and have the opportunity to talk to over 40 exhibitors, non-profits and governmental agencies. You will have the opportunity to talk one on one with many health service providers in the area. You will be able to get health and dental screenings as well.

KID'S ZONE

Let's play! There will be the Adrenaline Rush Obstacle Course, Family Fun Walk and lots of interactive activities for children. Safety Town is a child accident prevention program that introduces safety awareness and preventive procedures to children. A helicopter, ambulance and fire truck will be there as well.

So come join us at the BE WELL HEALTH FAIR 2016.

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, call 573-564-2495 or visit us online at www.montgomerycountyhealth.org or on Facebook or Twitter @healthymoco. ■



Linda Harman

5.17.16