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Nemaha Co, KS Health Fair Saturday

(KMZA)--Health and wellness will be the focus Saturday during the Nemaha Valley Community Hospital Health Fair, at the Nemaha County Community Building in Seneca.

Held under the theme, "Health is Contagious...Catch it at the Health Fair," the event sponsored by the Hospital and Seneca Family Practice, will feature 35 booths of services and vendors during the event intended to encourage healthy lifestyle changes.

Hospital Dietician Sara Kramer says the morning will feature other attractions, as well as health screening opportunities(Play Audio)

Blood pressure screenings, Ident-A-Kid, and information relating to diabetes, brain health, and eating disorders will also be featured.

Kramer says, along with those highlights, a number of other wellness awareness opportunities will also be offered(Play Audio)

Admission to the Health Fair is free, but reduced fees will be required for some screenings, including the lab work. Those wanting to utilize that service will be required to fast for at least 12 hours prior to having blood drawn.

The Health Fair, which will provide services for entire families, will run from 8:00 until 11:00 Saturday morning.

KMZA, 92.1 FM, will also be there, signing up visitors for a chance to win Schlitterbahn Water Park tickets and self-powered am/fm weather alert radio.

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