



March 4, 2015

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Dash to a Healthy Lifestyle
10th Annual African American Health Fair set for March 28

The Aurora African American Health Coalition will be hosting its 10th Annual Community Health Fair from 8 a.m. to 1 p.m., Saturday, March 28, at Aurora Christian School, 2255 Sullivan Road, Aurora.

The fair is held each year in partnership with other community agencies, volunteers and faith communities. It is free and open to the public, and everyone is highly encouraged to attend. At the health fair, free comprehensive health screenings such as blood pressure monitoring, urine screening (with health care professionals available for immediate consultation), blood work, and BMI are offered.

This year's fair will feature a town hall-style question and answer session with physicians and other health care professionals from the Aurora Fox Valley and Chicagoland areas. Panelists for the day include:

- Rita Famera - Diabetes Educator/Registered Dietician
- Dr. Houston Brown – Chiropractor/Nutrition and Weight Loss
- Dr. Paul Crawford – Nephrologist/Internist
- Debra Moorman – Pharmacist
- Dr. Rochelle Wilburn – Obstetrics and Gynecology

Remember: Some screenings may require 8-hour fasting, meaning no food eight hours before screening. You should drink plenty of water and you can take any prescribed medications if it is safe to do so. For those participants who receive screenings, a continental breakfast will be served. Other features of the day include:

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- Teen & Children’s Health Fair.
- Free comprehensive health screenings (8 a.m. to 11:30 a.m. Please register at <https://register.wellness-inc.com/AAAC>, or call (866) 935-5462).
- Raffle prizes and giveaways.
- Entertainment and much more!

For more information and to RSVP, contact Lora McGee (331) 210-8013. More information also is available at www.aurorahealthcoalition.org.

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