



March 7, 2013

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## **Know Better, Do Better**

### ***9<sup>th</sup> Annual African American Health Fair set for March 29***

The Aurora African American Health Coalition will be hosting its 9<sup>th</sup> Annual Health Fair from 8 a.m. to 1 p.m., Saturday, March 29, at Aurora Christian School, 2255 Sullivan Road, Aurora. Please enter through Door 11.

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 health screenings such as blood pressure checks, urine screening for protein (with health care professionals available to offer counseling), comprehensive blood work, and BMIs (Body Mass Index) will be available. Blood work requires 8-hour fasting (meaning NO food but drink plenty of water ONLY before screening) and take prescribed medications if it is safe to do so. Hearing and vision screening will be hosted by the Noon Lions Club.

Presentations will be offered on:

- Signs of stroke and heart attack
- Healthy eating
- Physical fitness

The day's MC will be Rev. Dr. Kevin Bedford, pastor of Progressive Baptist Church.

Other features of the day include:

- Teen & children's health fair
- Raffle prizes and giveaways
- Exhibit/vendor fair

For more information and to RSVP, please contact Lora McGee (331) 210-8013. More information is also available at [www.auroraaahealthcoalition.org](http://www.auroraaahealthcoalition.org).

*This event is not a program of or sponsored by Aurora Christian Schools*

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