



Good Shepherd Hosts ‘A Fair of the Heart’
A Community Health Fair and Entertainment for the Entire Family

(LONGVIEW, TX – February 16, 2010)—Good Shepherd Medical Center presents its 22nd annual “A Fair of the Heart” in collaboration with the celebration of its 75th anniversary of caring for the East Texas community. The event will be held on Saturday, February 20, from 8 a.m. to Noon at Maude Cobb Convention & Activity Center.

“A Fair of the Heart” gives individuals in Longview and the surrounding communities the opportunity to receive free health screenings, get valuable health information and learn about Good Shepherd Medical Center’s variety of services.

Clinical tests valued at more than \$100 include a complete lipid profile, glucose testing and blood pressure and pre-vascular screenings are available free of charge at the event. In order to obtain accurate results, fasting 12 hours prior to the screening is recommended.

The fair provides entertainment for the entire family. “Day of Dance” encourages dancing as a form of heart health. Let your feet take action at “A Fair of the Heart” and join local dance teams and professionals as they demonstrate how to enjoy life and take action for a healthier heart through dancing.

Activities and other great offerings at “A Fair of the Heart” include:

Discovery Clinic for Kids – A laparoscopic simulator will be set up where kids can try their hand at being a surgeon and learn about orthopaedic implants.

Ambulance Tours – Paramedics and Emergency Medical Techs from Champion EMS allow you to tour a mobile intensive care unit.

Fitness Testing – The Institute for Healthy Living provides fun activities and fitness testing for adults and children.

Health Information Stations - Learn about the services offered at Good Shepherd including stroke prevention, Great Expectations, Family Health Centers and more.

Good Shepherd Medical Center History – Become a part of the celebration and learn more about your community hospital’s growth and expansion over the last 75 years of caring for the East Texas community.

In addition to many valuable health screenings and information, guests will enjoy live entertainment, educational seminars, fun giveaways and more.

Don’t miss this year’s “A Fair of the Heart.” For more information, contact the Good Shepherd Healthy Hotline at (903) 315-GSHS (4747) or Toll free at 1-888-784-GSHS (4747).

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