

## **GSMC News – INSTITUTE FOR HEALTHY LIVING TO HOST 21ST ANNUAL ‘A FAIR OF THE HEART’**

It's that time of year again – East Texas' biggest community health fair is coming to Good Shepherd's Institute for Healthy Living on Saturday, February 28, 2009, from 8 a.m. to Noon. We're still providing the free screenings that the community looks forward to every year, and back by popular demand is Spirit of Women's National Day of Dance.

“A Fair of the Heart” gives individuals in Longview and surrounding communities the opportunity to receive free health screenings, get valuable health information and learn about Good Shepherd Medical Center's outstanding services. Clinical tests valued at more than \$250 include a complete lipid profile, glucose testing, and blood pressure, and are available free of charge at the event. Vascular screenings are available by appointment only and can be scheduled by calling Good Shepherd's Healthy Hotline at (903) 315-GSHS or toll free at (888) 784-GSHS.

This year, the Institute for Healthy Living will host the event. Spirit of Women's “Day of Dance” encourages dancing as a form of cardiovascular activity. 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. Proving that exercise can be both fun and beneficial to the heart, “Day of Dance” combines the fun of dancing to different forms of music, such as ballroom dancing, rock ‘n’ roll, jazz and hip-hop, with health screenings and consumer education on heart disease and other women's health issues.

The Institute for Healthy Living staff will also demonstrate various exercises throughout the morning that are appropriate for all ages and signify how a healthy lifestyle may be the best medicine. In addition to many valuable health screenings and information, guests will enjoy live entertainment, healthy snacks, fun giveaways and more. Activities and other great offerings at “A Fair of the Heart” include:

Discovery Clinic for Kids – Hands-on demonstrations that include viewing medical images and laboratory slides.

Ambulance Tours – Emergency Medical Professionals from Champion EMS allow you to tour one of our mobile intensive care units.

Health Information Stations – Learn about the services offered at Good Shepherd including stroke prevention, Great Expectations Maternity Program, ClassiCare, the Institute for Healthy Living and more!

Don't miss the 21st annual “A Fair of the Heart” and Day of Dance. For more information, call the Healthy Hotline at (903) 315-GSHS.