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**FOR IMMEDIATE RELEASE**

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**LIVINGSTON HEALTHCARE HOSTS  
FALL HEALTH FESTIVAL**

Livingston HealthCare will host the seventh annual Fall Health Festival this Saturday at the Park County Fairgrounds from 7:00 am to 12:00 pm. Included in this year's event is the MEGA Heart™, the Iron Lung presented by Livingston Rotary, many free and low cost health screenings, flu shots, the Wells Fargo Senior Appreciation Breakfast, Pippi the Clown and other kids activities, and much more. Admission is free.

“This event is really to get people thinking about and taking care of their health,” said Livingston HealthCare CEO Sam Pleshar. “Whether it’s learning about preventive healthcare—like heart health—or about making healthy choices, these are important topics for all ages. We’re trying to make that process fun for the whole family.”

The MEGA Heart™ is making its first appearance in Montana at this year's event. This 21-foot long interactive educational experience is designed to help people understand America's number one killer: **heart disease**. Visitors can step inside the human heart, learn about cardiovascular functions, observe examples of various types of heart disease, and see displays of some of the latest medical treatments for heart problems.

Community members can also learn about and check key health indicators to assess their health fitness, with free screenings such as blood pressure, lean body mass, and bone density. The event also includes blood profile tests and flu shots. The blood profile test requires fasting from 8 pm the night before. It checks for diabetes, measures thyroid, kidney, and liver function, tests cholesterol, and more. Cost for the blood profile testing is \$40. Flu shots are available for all family members for \$20. All other health screens offered at the event are free.

This year's Fall Health Festival also features extra activities for children. Pippi the Clown will be playing around in the crowd from 9:00 am to 12:00 pm, Huckleberry, the SmokeFree Dragon will visit with kids at 10:00 am, and the Livingston Center for Arts and Culture will feature craft activities for children from 9:00 am to 12:00 pm.

The Senior Appreciation Breakfast, sponsored by Wells Fargo, offers a free breakfast for adults age 60+. Other attendees at the Fall Health Festival may enjoy the breakfast for a \$3 donation. Breakfast will be served from 7:30-10:00 am.

Other 2010 exhibitors include: Area IV Agency on Aging, Chantelle Brahm, LCSW, Breathing Room Yoga, Caslen Living Center, Costco, Diversified Resource Group, Family Outreach, First Interstate Bank, Frontier Assisted Living, Gallatin Health Department, Daryl Hansen Agency, Healthy Montana Kids, Livingston Rotary Club, MT Association for the Blind, National Alliance for Mental Illness (NAMI), Pamida, Park County Disaster & Emergency Preparedness, Park County Mental Health Center, Senior Companion Program, Sky Federal Credit Union, Southwest Chemical Dependency Program, Total Fitness, United Blood Services, and Western Drug.

For more information, call 823-6262.

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