

Fall Health Festival set for fairgrounds

By Camden Easterling
Enterprise Staff Writer

Saturday is all about health at the Park County Fairgrounds.

H1N1 and seasonal vaccinations, an iron lung, cooking demonstrations and even a clown will be featured as part of the sixth annual Fall Health Festival organized by Livingston HealthCare.

The event takes place from 7 a.m. to 1 p.m. Admission is free.

The festival includes a variety of exhibits and activities designed to educate people about health issues ranging from fitness to preventative health care. The event also features

children's activities.

The Park County Health Department will provide free H1N1 vaccine for people in certain risk cate-



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gories. Those categories are pregnant women, people who are caregivers to children under 6 months of age, people age 6 months to 24 years and people ages 25 through 64 who have health conditions that put them at greater risk for flu complications.

Children must be accompanied by a parent.

Western Drug will provide seasonal flu vaccine for adults. The cost is \$23.

Livingston Rotary will present the iron lung exhibition. Iron lungs, which are a type of respirator, were used frequently in the 1940s and 1950s to treat polio patients. The machines are cylindrical, pressurized chambers that patients lie down in. The pressure in the chamber helps patients breathe.

Rotary clubs across the world have long been active in promoting vaccination against polio in an effort to eradicate the disease.

Several health screenings will be available during the Fall Health Festival.

Free blood pressure, lean body mass and bone density screenings will be offered. For \$40, visitors may receive blood profile tests, which measure organ function, cholesterol and other health factors. People who want the profile should fast after 8 p.m. Friday to prepare for the test.

Also at the festival, seniors may find information on available Medicare plans. Seniors should bring a list of their current medications in order to find the most appropriate plan.

Scheduled activities include:

• 7:30 to 10 a.m. — The Senior

Appreciation Breakfast, free for people 60 and older. Younger people may eat breakfast for a \$2 donation.

• 9:30 to 11:30 a.m. — Pippi the Clown will be on hand to entertain children.

• 9:30 to 11:30 a.m. — Lowe's will host a Build and Grow Workshop.

• 10:30 a.m. — A healthy cooking demonstration will feature free samples of curried pumpkin soup.

• 11 a.m. — "Smokefree" the Dragon will pose for photo with children.

• 11 a.m. to 1 p.m. — The Livingston Center for Art and Culture will guide children in craft activities.

For more information, call 823-6262.