



## LHC festival the place to be in Nov.

If you visited the Fall Health Festival sponsored by Livingston HealthCare Saturday at the fairgrounds, you might have had lots of trouble finding a parking spot.

By early morning, the place was packed — LHC estimates 1,000 people came — and some folks had to park clear down by the horse barn.

And that's a good thing.

Because it demonstrates how big a community event the annual Fall Health Festival has become. It had something for everyone — from H1N1 and seasonal flu vaccinations to blood profile tests, blood pressure readings, healthy cooking demonstrations, 40 health-related vendor booths, activities for the kids, all topped off with a great breakfast attended by 375 people. Throughout the event, community members milled around, visiting with one another and checking things out.

Anymore, come this time of year, the Fall Health Festival is the place to be.

And that's a good thing, too. Not just because it's a fun community event, but because it shows how interested people have become in preventative health care, which is what most of the event is about. In these days of skyrocketing health care costs and uncertainty about health insurance, the best medicine is preventing illness in the first place, and local folks seem to have caught on to that big time.

So, hats off to Livingston HealthCare for what has become an annual "happening" the whole community turns out for.

— Dwight Harriman  
Enterprise News Editor