

Fall Health Festival slated for Saturday

By Enterprise Staff

Livingston HealthCare will host the eighth annual Fall Health Festival Saturday, Nov. 5 at the Park County Fairgrounds, from 7 a.m. to noon.

Included in this year's event are many free and low-cost health screenings, flu shots, the Senior Appreciation Breakfast, Pippi the Clown and other kids activities and 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, in an LHC news release. "Whether it's learning about preventive health care or about making healthy choices, these are important topics for all ages. We're trying to make that process fun for the whole family."

Attendees can learn about and check key health indicators to assess their health fitness. Free screenings will include blood pressure, lean body mass and bone density. The event includes blood profile tests and flu shots. The blood profile test requires fasting from 8 p.m. the night before. The profile 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.

The Fall Health Festival

also features extra activities for children.

Pippi the Clown will be playing around in the crowd from 9 a.m. to noon.

Huckleberry the Smoke-Free Dragon will visit with kids at 10 a.m.

The Livingston Center for Arts and Culture will feature craft activities for children from 9 a.m. to noon.

The Senior Appreciation Breakfast offers a free breakfast for adults age 60 and older. Other attendees may enjoy the breakfast for a \$3 donation. Breakfast will be served from 7:30 to 10 a.m.

In addition to LHC programs, other exhibitors include AARP, Area IV Agency on Aging, Bank of the Rockies, Caslen Living Center, Costco, Diversified Resource Group, Eyecare Professionals, Family Outreach and Firehall Fitness.

Additional exhibitors will include First Interstate Bank, Healthy Montana Kids, Mental Health Center, Montana Association for the Blind, Montana Cancer Screening Program, National Alliance for Mental Illness, Pamida, Park County Disaster & Emergency Preparedness, Park & Meagher County DUI Task Force, Park County Mental Health Center, Senior Companion Program, Senior Medicare Patrol/RSVP, Sky Federal Credit Union, Total Fitness, Tri-County Network Against Domestic & Sexual Violence, United Blood Services and Western Drug.

For more information, call LHC at 823-6262.