

Cherokee Regional Medical Center
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PRESS RELEASE

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CHEROKEE REGIONAL MEDICAL CENTER TO HOST HEALTH FAIR AND FREE “*Get Started Now!*” DINNER EVENT

On Thursday, November 17, Cherokee Regional Medical Center will be hosting a pair of events to help Cherokee area residents to do their part in helping Iowa to become the Healthiest State. From 4:30-6:30 p.m., various departments from CRMC, Cherokee Regional Clinic, CRMC Hospice and Public Health will be holding a health fair at the CRMC Wellness Center. The health fair, which is free and open to the public, will consist of a variety of booths and health screenings operated by CRMC medical professionals.

Some of the screenings that will be available include: Free Blood Pressure Checks, Free Blood Glucose Screenings, and Free Portable Bone Density Screenings. You will also have the opportunity to have your body Mass Index calculated, and learn more about the services Cherokee Regional Medical Center has to offer.

Flu shots will also be available for ages 3 years and up at a cost of \$23.00 per shot. Flu shots are Medicare Part B and Medicare Advantage plans covered (CRMC will bill Medicare). All Medicare clients **MUST** bring their Medicare and Social Security Cards. In addition, high dose flu shots (recommended for ages 65 and above) will also be available at a cost of \$36.

Following the Health Fair, there will be a complimentary dinner and informational seminar beginning at 6:30 p.m. in the CRMC First Floor Conference Room. Registered Dietician Stephanie Jacobson, Dr. Wes Parker, and Matt Hoskinson of the CRMC Wellness Center, will cover topics explaining why it is important to “Get Started Now!” when it comes to striving towards a healthier lifestyle.

“In order for Iowa to become the Healthiest State by 2016 we must all do our part and start the process right now,” says Kent Lundquist, Marketing and Public Relations Manager for CRMC. “We are offering these events to help all Cherokee area residents start on the path to a healthier lifestyle and encourage the public to attend.”

Again, both events are **FREE** and open to the public. However, you must pre-register for the “Get Started Now!” dinner event as space is limited. Call 225-3368 ext. 200 to RSVP before, Monday, November 14.