## MGH to Host Health Expo

Keeping Grant County Healthy

By Terri Couse



EACH YEAR, thousands of Indiana residents fail to seek preventive health screenings, lack understanding of their risks for major health problems, face access barriers to care, or do not make lifestyle changes to improve their health. Improving healthcare remains an important topic of discussion. Better health is truly a journey that we must take together. Thus, Marion General Hospital has embarked on the challenge to keep the people of Grant County and surrounding counties healthy.

We are pleased, as a health and education community leader, to offer the Marion General Hospital Health Expo. The expo will be held from 7:30 AM to 1:00 PM Saturday, Sept. 8, on the MGH campus.

We understand the importance of reducing health disparities and improving our community's access to relevant screening and preventative care.

As summer winds down and fall arrives, this will be a wonderful opportunity and time of year to be healthier as individuals, as families and as a community. At MGH, we appreciate community members entrusting their care to us and we look forward to sharing a day full of education, resources, health screenings, inflatables for the kids, games and prizes, excitement and entertainment. The MGH health expo promises to be a wonderful event for people of all ages and all levels of health and physical activity.

#### **HEALTH SCREENINGS**

When getting a community health screening, it is important for participants to know their results and discuss their impact with a health professional. Having that information can help participants take the right steps towards better health. The MGH Health Expo will offer:

- Community lab screenings (7:30 AM 10:00 AM)
- Hospital screenings
- Blood pressure

Information will be available on cardiovascular screening, cardiovascular screening plus, lung screening, heart screening and prostate screening plus. Health experts will be available to answer any questions you may have.

### **HEALTH EDUCATION, TOURS & DEMONSTRATIONS**

- Surgery Exhibit
- Ambulance Tours
- Meet the Physicians
- Mega Lung Exhibit
- CPR Demos

Marion General Hospital is committed to your health. Bring your family for a day of fun and health education! Better health is truly a journey that we must take together.



Get your LUNGS and HEART PUMPING!

JOIN US FOR THE

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### **SEPTEMBER 8th**

Registration begins at 8:30 AM, and the walk begins at 9:00 AM



For more information on the Heart Walk, call 660-6050.

## Blood Drive: SEPTEMBER 8th

from 8:30<sub>AM</sub> - 1:00<sub>PM</sub>

Visit www.givebloodnow.com to schedule an appointment.
Save a life! Give blood.













www.mgh.net