

**FOR IMMEDIATE RELEASE**

**Health Fair Urges You to Be Good to Yourself and Know Your Numbers.**

*Multicultural Community Health Fair to Offer Screenings, Demonstrations and More.*

Nearly 44 million Americans and nearly one in 12 Minnesotans are uninsured. To increase access to health care, local community partners are coming together on Saturday, October 14 to provide free health screenings, activities, information and community resources at the 1st Annual Multicultural Community Health Fair. Held at Dunning Recreation Center, 1221 Marshall Avenue in St. Paul, from 10:00 a.m. to 2:00 p.m., this community event is free and open to the public.

From arthritis to weight management and bike safety to smoking cessation, there is something for everyone at this first annual community event. Good health begins with awareness – many serious health conditions are easily managed or prevented with early detection. Free screenings and diagnostics will include blood pressure, glucose testing, skin cancer screening, vision testing, scoliosis screening, metabolic testing and more. Featuring energizing demonstrations in hip hop dance and healthy soul food cooking, the Health Fair will also feature free food, games, door prizes and activities for children.

The Multicultural Community Health Fair is a collaboration between YWCA St. Paul and Blue Cross and Blue Shield of Minnesota/TeenLink Partners, also The Stairstep Initiative, Camphor Memorial United Methodist Church and Mt. Olivet Baptist Church.

Participating organizations include: Alzheimer's Association, American Cancer Society, American Heart Association, American Stroke Association, Arthritis Foundation, Aspire Chiropractic, Blue Cross and Blue Shield, College of St. Catherine's, Crutchfield Dermatology, Face to Face, LifeScan, Lupus Foundation, Minnesota Center for Obesity, Metabolism and Endocrinology, National Alliance on Mental Illness, Open Cities, Powderhorn/Phillips Wellness Center, Southside Community Health, St. Paul District Dental Society, St. Paul Fire and Safety, St. Paul Police Department, Steps Together/Steps to a Healthier St. Paul, UJIMA Teen Pregnancy Prevention and Healthy Youth Development Program, WIC and YWCA St. Paul

Dunning Recreation Center is located at the corners of Marshall Avenue and Griggs Street North in St. Paul. Ample free parking is available.

**For more information, please call 651-265-0718 or visit [www.ywcaofstpaul.org/healthfair](http://www.ywcaofstpaul.org/healthfair)**