



## **Largest Health Fair Ever**

The twentieth anniversary of the Health Fair was a great success thanks to the dedication, willingness and skill of the SaddleBrooke One staff and over 100 SaddleBrooke volunteers. Over 1200 people attended the fair.

As always, many fairgoers lined up to receive flu immunizations, pneumonia shots, lab tests and even the shingles vaccine.

Many people took advantage of free screenings including skin cancer, audiology, blood pressure, blood sugar, cholesterol, A1C, ophthalmology, eye exams, oral cancer, balance and much more.

The mini-seminars at the Tennis Pavilion provided valuable information about dermatology, vision and cardiology.

Vendors were amazed at the attendance and the helpfulness of SaddleBrooke volunteers.

Fairgoers had the opportunity to learn about Medicare, to discuss specific legal and financial issues and to research assisted living. Many received free sharps containers and medical safes.

Many people learned about the “aging in place” services available to SaddleBrooke residents through Senior Village. Senior Village volunteers offer transportation, home visits for socialization, information about available services and simple home repairs. See [sbseniors.org](http://sbseniors.org) for more about services and volunteer opportunities.

Residents brought huge quantities of expired medications for proper disposal, and many eyeglasses and cases were donated.

The Health Fair Planning Committee would like to express its gratitude and appreciation for everything people in our community did to make this event a success.

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