



Health Fair June 19, 8am-12pm

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Contributors



You won't want to miss this special day at the Goochland Farmers Market. Along with our regular vendors and events there will be many area groups and organizations involved in health and nutrition available.

Team **SHRINK-A-Thon** will be handing out healthy snack bars, as well as informational brochures on their classes and fundraisers. They'll also have a display comparing sugar content in healthy vs. processed foods.

The local **Curves** will also be on hand, with fun free giveaways and resources on women's health.

You'll find informational booths from the following organizations: **American Heart Association, American Cancer Society, ET (Essential Tremor) Support Group, Alzheimer's Association, Family Chiropractic Center of Richmond, Goochland-Powhatan Community Services, Grace Moves, KidzRCookin, Monarch Natural Medicine, National Kidney Foundation, Rodan & Fields, South River Compounding Pharmacy, Virginia Women's Center.**

In addition, **HCA Virginia Health System** will provide screenings for blood pressure, BMI, blood glucose, cholesterol, bone density, Gail risk, and derma scans (nurses use a derma scan machine to identify areas of skin damage and conduct Gail Risk Assessment to determine risk of breast cancer).

We Hope You Join Us!