



# - PRESS RELEASE -

City of Pompano Beach • 100 West Atlantic Boulevard • Pompano Beach, FL 33061

Press Release Date: 8/4/10

Health and Financial Wellness Fair  
Wednesday, August 11<sup>th</sup> and Thursday, August 12<sup>th</sup>  
Emma Lou Olson Civic Center, 1801 NE 6 Street  
10:00 a.m. to 2:00 p.m.

The City of Pompano Beach is proud to announce that it will hold the 2010 Annual Employee and Community Health and Financial Wellness Fair. The event will take place at the Emma Lou Olson Civic Center, 1801 NE 6<sup>th</sup> Street, Pompano Beach, Wednesday, August 11<sup>th</sup> and Thursday, August 12<sup>th</sup> from 10:00 am to 2:00 pm. This is a *free* event and open to the public.

Over 60 businesses, organizations and non-profit groups will attend the fair and share with us valuable information about the services they provide, to heighten the awareness of preventable health problems and encourage early detection and treatment of disease. Experts will be on-site to answer frequently asked health questions. Local hospitals, medical providers and health insurance representatives will be conducting free blood pressure checks, cholesterol and diabetes tests, stress reduction techniques, chair massages, checking your strength and testing your memory. Please note that fasting is required for cholesterol and diabetes testing. The Broward County Health Department will provide free on-site confidential rapid HIV testing with immediate results. Mammogram van tests will be offered at a reduced cost.

The Fair will also include *free* brief "Financial Wellness" seminars, providing information on bankruptcy, credit counseling, Roth IRA's & 457 Accounts and retirement planning.

The Health Fair is open to the public and all are invited and welcome to attend. There will be frequent door prizes and give-a-ways. If you have any questions call 954-786-4626.

Sandra King, Public Information Officer • Phone: 954-786-4527

