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Heath Fair to Offer Free Screenings

Free screenings to help individuals assess their risks for heart disease will be available at a health fair scheduled for 7:30 - 10 a.m., Sat., April 9 at the Dole Learning Center, 255 Augusta St. Pre-registration is required.

Staff from the Oak Park Department of Public Health and Oak Park Hospital, the fair's co-hosts, will be on hand to screen for cholesterol levels, check blood pressure and measure waist circumference and body mass index. Pharmacists and dieticians also will be available to answer questions.

Participants in the event, which is co-hosted by the Oak Park Department of Public Health and Oak Park Hospital, must be at least 18 years old.

"We are targeting people between 18 and 65 years of age who may be at risk for health problems, but don't realize it because they haven't gone to a doctor recently or don't have insurance," said Village Health Educator Catherine McNamara. "The health fair makes it easy and free to learn more about what could be the warning signs of cardiovascular disease."

The Health Department also conducts an ongoing screening program from 9:40 a.m. to noon on the second Saturday of every month at the Oak Park Public Library, 834 Lake St. Since its inception nearly 15 months ago, the *Know Your Numbers* program has screened 142 people for blood pressure, total cholesterol, high density lipoproteins (HDL), glucose, weight and body mass.

Know Your Numbers charges a \$10 fee for the confidential screenings and appointments are required.

For more information on the health fair or *Know Your Numbers* program, or to register for either, call 358.5484 or email health@oak-park.us.

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