

**FOR IMMEDIATE RELEASE**

September 17, 2009

Contact: Michele Hutchins  
(603) 238-6468



**SMH Hosting Health & Wellness Fair**

PLYMOUTH, N.H.--- As the healthcare debate rages on in Washington, D.C., residents of central New Hampshire can take steps towards managing their ongoing health at the Speare Memorial Hospital Community Health & Wellness fair on Saturday, September 26 from 8 – 11 a.m. The fair will take place at the hospital with sign-in and welcome at the main entrance lobby area.

“The health and wellness fair is an opportunity for area residents to check up on their health, as well as learn about programs and services available at Speare to support their continuing care needs,” notes SMH Director of Community Relations, Michele Hutchins.

This year’s fair features a number of free health screenings and information, including:

- Advance Directives/Advance Care Planning
- Blood Pressure Checks
- Body Mass Index/Nutrition
- Bone Density
- Cholesterol/Glucose Screening, *12 hour fasting recommended*
- Dental Care
- Digital Mammography
- Mental Health and Wellbeing
- Oximetry (blood oxygen levels)
- Skin Cancer Screening

Seasonal flu shots for persons 18 years will also be available. The cost of the vaccine is \$25 payable by cash or check, and a receipt will be provided for submission to insurance for reimbursement. Medicare and Medicaid patients are asked to please bring their identification cards with them, and sign-in will be required. Also available will be the latest information on the H1N1 (Swine) Flu, a community resource table and light refreshments.

Questions about the health fair should be directed to SMH Community Relations at (603) 238-6468. Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at [www.spearehospital.com](http://www.spearehospital.com).

#####