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FOR IMMEDIATE RELEASE

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**NMMC TO HOST LIVE WELL HEALTH FAIR
AT TUPELO FURNITURE MARKET**

TUPELO, Miss. – North Mississippi Medical Center will host the 14th annual Live Well Health Fair from noon-7 p.m. Thursday, Nov. 4, at the Tupelo Furniture Market, Building 1, 1879 N. Coley Rd.

NMMC and the District II Office of the Mississippi State Department of Health will give free seasonal flu shots. Pneumonia shots will be offered for \$60. Participants are asked to bring their Medicaid or Medicare card, if applicable, for the pneumonia shot.

NMMC representatives and other community organizations will provide a variety of free health screenings, including anxiety, blood pressure, glaucoma, depression, sleep apnea, peripheral vascular disease and body mass index. A \$5 blood test is available to screen for total cholesterol (not a full lipid profile) and glucose (blood sugar). Hearing tests are available between noon and 4 p.m. for \$5.

“We encourage area residents to take advantage of everything the health fair has to offer,” said Liz Dawson, director of NMMC Community Health. “Our goal is to help individuals live happier, healthier lives.”

Health professionals will provide information, discuss health concerns and answer participants’ questions one on one.

HealthWorks! Railyard will be set up for children from 3-6 p.m. The Railyard is an obstacle course that emphasizes functional fitness by having children jump, crawl, run, and duck doing fun movements like the Bear Crawl, the Stork Walk, the Alligator, and the Donkey Kick. Kids will also “hoop” it up with colorful hula hoops for fitness fun.

For more information on the Live Well Health Fair, call (662) 377-3867 or 1-800-THE DESK (1-800-843-3375).