

September 29, 2010
FOR IMMEDIATE RELEASE
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**NMMC-WEST POINT HEALTH FAIR
TO FEATURE FREE SCREENINGS, SERVICES**

WEST POINT, Miss.—Put your health to the test during North Mississippi Medical Center-West Point's annual health fair from 9 a.m.-1 p.m. Wednesday, Oct. 13, at the Wellness Center, 851 Medical Center Circle.

During the health fair, flu shots will be available for \$25. Medicare beneficiaries may get a flu shot at no cost if Medicare card is presented.

Free screenings will be offered for blood pressure, heart attack risk, oxygen saturation, sleep disorders and cancer. The hospital's laboratory will offer cholesterol screening for \$5 or a full lipid panel for \$10. Blood glucose screening for diabetes is \$5, and participants should fast for a more accurate glucose reading.

Prostate-specific antigen (PSA) testing will be available for \$20 for men age 40 and older. Free nutrition counseling, exercise instruction and body mass index measurement will also be available, as will mammogram appointments and information.

West Point Police Department will provide tips on personal safety, and West Point Fire Department will provide fire safety information. Sally Kate Winters Family Services, American Cancer Society, American Red Cross, NMMC Home Health, NMMC Advanced Wound and Hyperbaric Center, NMMC Rehabilitation Institute and Skilled Nursing Facility, Pilot Club of West Point, Spirit of Women, Safe Haven, West Point Eye Clinic, Eye and Laser Center of Starkville, Health Link and Nurse Link will also be on hand.

NMMC-West Point will give each person a free canvas tote bag for bringing at least five canned goods or nonperishable items to donate to Project Homestead's food pantry. A number of door prizes will be awarded throughout the day.

The community health fair tradition was started in 1983 by NMMC-West Point's predecessor, Ivy Memorial Hospital. NMMC-West Point is celebrating its 25th anniversary this year. For more information on the health fair, call (662) 495-2300 or 1-800-THE DESK (1-800-843-3375).