



Holy Spirit Lutheran Church

is hosting a free community health and wellness fair on June 22 from noon until 4 PM, with experts who will provide useful information about common health issues for members of the surrounding community. Speakers will share information about common health issues and how to deal with them or prevent them. You choose the sessions that interest you. Sessions will last approximately 20 minutes.

There will also be information stations set up in the Fellowship Hall to allow for one-on-one time with the experts. The West Bloomfield Fire Department have a station for testing for high blood pressure and will be demonstrating CPR and the use of defibrillators.

This health fair is not meant as a substitute for a visit to your doctor; rather, it is an information sharing event that may equip you to better deal with your own health issues. Please consult your physician for any serious health issues that you may have.

Health and Wellness Schedule of Speakers/ Topics

- Noon to 12:30—Diabetes and You—Dr. Emanuel Oshiyoye
- 12:30—1 PM—Living with Arthritis—Dr. Zakari Tata
- 1:00—1:30 PM —Your Mental Health (Avoiding or Dealing with Stress and Depression)—Dr. Leo Szalma
- 1:30—2:00 PM—Common Sense Use of Prescription Drugs - Ike Engelbaum (retired pharmacist)
- 2:00—2:30—Intermission
- 2:30—3:00 PM—Healthy Habits for a Lifetime —Catherine Martin, MS, RN, BC-ADM, CDE
- 3:00—3:30 PM—Modern Approaches to Physical Therapy—Ed Fahey, Physical Therapist
- 3:30—4:00 PM—Yoga Techniques for Stress Relief—Tina Green, Yoga instructor

Health Stations in the Fellowship Hall

- Diabetes and you
- Dealing with Arthritis
- Mental Health
- Yoga & Your Health
- Common Sense Use/Storage of Prescription Drugs
- Nutrition and your health
- Physical Therapy and You
- W B Fire Department Blood Pressure Testing Station and CPR and Defibrillator Demonstration Station

Light refreshments will be available throughout the afternoon.