

# NEWS RELEASE



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## CHECK OUT YOUR HEALTH AT WESTLAKE PORTER PUBLIC LIBRARY'S HEALTH FAIR

(Westlake) Westlake Porter Public Library invites the public to attend their annual health fair on Saturday, November 5 from 1-3 p.m. The fair will include health screenings, a program about decluttering, information from various health groups, and a prize drawing.

“Declutter Your Mind and Space” will take place from 1-2 p.m. Chris Lotenero and Peg Shumate will show attendees how to organize, declutter, simplify and discover what is truly important in life. Registration is required for this session – please visit [westlakelibrary.org/events](http://westlakelibrary.org/events) to do so.

Available health screenings will include vision screenings, hearing screenings, and blood pressure & stroke risk assessments. All screenings will be done on a drop-in basis – no registration necessary. In addition to the screenings several area health-related

organizations will be on hand to meet and talk with attendees. Organizations committed at print time include:

- Alcohol, Drug Addiction, Mental Health Services Board of Cuyahoga County
- Cleveland Hearing & Speech Center
- Connecting for Kids
- Farrell Foundation
- Great Lakes Health & Wellness
- Meals on Wheels
- National Alliance on Mental Illness
- Ohio Senior Health Insurance Information Program
- Survivors Teaching Students
- The Gathering Place
- University Hospitals Community Outreach
- Western Reserve Area Agency on Aging

In addition to the program, screenings and health organizations, attendees will also have an opportunity to register to win a Garmin VivoFit 4 Activity Tracker.

For updated Health Fair information please visit the library's website ([westlakelibrary.org](http://westlakelibrary.org)) or follow the library on Facebook, Instagram or Twitter.

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