CHECK OUT YOUR HEALTH AT WESTLAKE PORTER PUBLIC LIBRARY’S 2023 HEALTH FAIR

(Westlake) Learn more about taking care of your health and that of your loved ones at Westlake Porter Public Library’s annual health fair on Saturday, November 4 from 1-4 p.m. The fair will include health screenings, health programs, information from various health groups, and a prize drawing.

“Chair Yoga” will take place from 12:30-1:30 p.m. Certified yoga instructor Jen Nebraska will guide participants in this gentle form of yoga done while sitting. Though seated, it still offers the benefits of yoga. From 2:30-3:30 p.m. Greater Cleveland Chapter of the National Alliance on Mental Illness Community Outreach and Education Coordinator Matt Gesicki will lead a discussion about “Understanding Mental Illness.”

Registration is required for both programs – please visit westlakelibrary.org/events for additional information.
Available health screenings will include vision screenings, hearing screenings, balance 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:

- Cleveland Hearing & Speech Center
- Cleveland Rape Crisis Center
- Cuyahoga County Board of Health
- Farrell Foundation
- Fyzical Therapy and Balance Centers of Westlake
- Joel’s Place for Children
- Long Term Care Ombudsman
- My New Villa
- National Alliance on Mental Illness
- Ohio Library for the Blind & Print Disabled
- Ohio Senior Health Insurance Information Program
- QC Kinetix
- University Hospitals
- Western Reserve Area Agency on Aging
- Western & Southern Life

In addition to the program, screenings and health organizations, attendees will also have an opportunity to register to win a Fitbit Activity Tracker.
For updated Health Fair information please visit the library’s website (westlakelibrary.org) or follow the library on Facebook, X (formerly Twitter) or Instagram.

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