

**News Release--Cochise Stronghold Lions Club and
Sunsites-Pearce Fire Department
Saturday, February 7, 2015
9:00 a.m. until 2:00 p.m.**

The Cochise Stronghold Lions Club and Sunsites-Pearce Fire Department are hosting a Health Fair on Saturday, February 7th at the Sunsites Community Center from 9 a.m. until 2 P.m. A wealth of health information will be available including heart health, diet, fire prevention, home safety, exercise, massage, dental care, vision screening, Veterans services, and much more. Come for a mini-seminar in the new Fire Department training trailer, view a five minute video and learn how you can save someone's life with the new CPR techniques, have your blood pressure checked, let a Lion club member screen for vision acuity, have your child's car seat inspected for safety, get a brief chair massage by a certified massage therapist, and learn about the wheat belly diet. Gary Brauchla will share information from Save Hearts in Registry and Education, called SHARE, a subsidiary of the Arizona Department of Health. Cochise County will provide information on their health and safety programs including the "Are You Okay?" program that provides a check on elderly citizens that live alone.

The health fair is a great way to learn about health options in the community and visit with providers that provide these services. If you have questions, call Mary Appel at 520-826-3626, Bob Weston, 520-826-1801 or the Sunsites-Pearce Fire Department at 520-826-3645.