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**GET YOUR FAMILY'S HEALTH CHECKED AT FAMILY 9HEALTH FAIR**  
*Free and Low-Cost Health Screenings and Education, Low-Cost Flu Shots and  
Children's Activities Offered to Families October 17, 18, 19*

**Denver, CO** - - Have you been avoiding the doctor because you're afraid of the costs? Here's your chance get free and low-cost health screenings through a partnership between the Denver Hispanic Chamber of Commerce, Commerce City and 9Health Fair.

The first Family 9Health Fair in Commerce City is Oct. 17, 18, and 19 and offers a variety of health screenings and education for families. Medical professionals will also be available to answer health questions. The Family 9Health Fair runs 8 a.m. to 1 p.m. each day at Dick's Sporting Goods Park, 6000 Victory Way in Commerce City. Bilingual volunteers will be available to help interpret.

Saturday, Oct. 18 is Denver Hispanic Chamber of Commerce Day. The fair is still open to the general public, however, special offerings are available to all Chamber members and their families. Visit [www.dhcc.com](http://www.dhcc.com) for more details.

Low-cost screenings available for adults at the Family 9Health Fair include:

- \$30: 31-Component Blood Chemistry screening – checks a person's overall health by screening all major organ functions, thyroid, cholesterol, triglycerides and glucose levels
- \$25: Prostate Specific Antigen (PSA) screening for men 40 and older – checks a man's risk for prostate cancer

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- \$15: Blood Count screening – determines risk for infection and anemia by checking white and red blood cells and blood-clotting abilities
- \$20 Colon Cancer FIT Take Home Kit – checks a person’s risk for colon cancer through a sample taken at home. The sample is mailed to Quest Diagnostics and a report on their colon health is generated and mailed to the participant.

“Except for people with diabetes, people taking advantage of any of the blood screenings should fast for 12 hours for the most accurate results,” said Jeffrey Varnell, M.D., Chair of the 9Health Fair Medical Advisory Committee. “People should also drink plenty of water to help with the blood draw process and continue taking prescribed medications.”

Free screenings and information for adults include:

- Ask A Pharmacist
- Breast
- Finger Stick Cholesterol and Glucose screening at the Heart Health Corner
- Lung Function
- Mental Health
- Oral Health
- Osteoporosis
- Pap Smears
- Prostate/Testicular Screening
- Skin Screening
- Talk With A Health Professional

To guard against flu season, low-cost flu shots are available for children and adults. Cost for children six months to 17 years is \$12; cost for adults 18 years and older is \$20.

There are more than 20 health activities that will educate children on nutrition, exercise, bicycle safety, the dangers of smoking, skin cancer prevention and more. Free screenings for children include:

- Vision
- Oral
- Height and Weight
- Asthma and Lung
- Pulse

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Information from dozens of health-related resources, including the American Diabetes Association, CHP+ program, Mental Health America of Colorado and others are also available at the Family 9Health Fair. For entertainment, children can participate in games and activities on the Colorado Rapids' soccer field, have their face painted and get their picture taken with the Denver Bronco's cheerleaders.

“The primary mission of the DHCC is to promote and enhance Hispanic-owned businesses,” said Denise Maes, Chair of the Board for the Denver Hispanic Chamber of Commerce. “This health fair is an important means to that end because healthcare is a leading expense for businesses and, in particular for small businesses. Healthcare is also a grave concern to all of our businesses because of the rising trends and growing health disparities in minority populations. This health fair is a value added benefit for our members and it is one I hope they come back for in the years to come.”

“The 9Health Fair is a great opportunity for everyone to get a checkup,” said Commerce City Mayor Paul Natale. “With so many tests and screenings available at little or no cost, there is no reason not to take advantage of this opportunity.”

“Thanks to the support of the Denver Hispanic Chamber of Commerce, City of Commerce City, Dick's Sporting Goods Park, Rose Medical Center, North Suburban Medical Center, Telemundo and KBNO Radio, we are pleased to offer so many valuable screenings to families this October,” said Jim Goddard, President and CEO of 9Health Fair. “This effort would not be possible without these organizations.”

For additional information on the Family 9Health Fair, visit [www.9healthfair.org](http://www.9healthfair.org).

### **About 9Health Fair**

9Health Fair is Colorado's largest nonprofit, volunteer-driven health fair program that promotes health awareness and encourages individuals to assume responsibility for their own health. Created by a National Institutes of Health project and 9NEWS, 9Health Fair's free and low-cost health screenings and education program has earned unique endorsements from the Colorado Medical Society, the Colorado Nurses Association and the Colorado Hospital Association. Since 1980, 9Health Fair has impacted 1.7 million lives. As an independent non-profit 501(c)(3) organization, 9Health Fair is proud of its financial management performance, keeping its administration and fundraising expense under 17 percent of its total budget, well under the industry average of 20-25 percent.

Major sponsors for the 2008 9Health Fair include 9NEWS, Quest Diagnostics, UniPath, King Soopers/City Market, GE Healthcare and Abbott. Special thanks to the Colorado National Guard for its continued 9Health Fair support through delivering supplies to volunteers and sites around the state.

### **About Denver Hispanic Chamber of Commerce**

The Denver Hispanic Chamber of Commerce, established in 1978, is Denver's first minority chamber of commerce as well as the largest. During the DHCC's 30-year history, it has led the way for minority business development and won local, regional and national recognition for its achievements, innovations and leadership.

The Denver Hispanic Chamber of Commerce's mission is to promote and advance the growth of Hispanic business.

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