



**For Immediate Release:**  
October 8, 2010

**For More Information:**

Jennifer Stoll  
Communications Coordinator  
9Health Fair  
(303) 698-4455 x 1303  
jennifer.stoll@9healthfair.org

Ross Hilker  
Marketing Specialist  
Commerce City  
(303) 289-3782  
rhilker@c3gov.com

**ATTEND THE 3<sup>RD</sup> ANNUAL COMMERCE CITY FERIA DE SALUD / FAMILY 9HEALTH FAIR AND GET YOUR WHOLE FAMILY'S HEALTH CHECKED**

*Free and Low-Cost Health Screenings and Education, Low-Cost Flu Shots and Children's Activities Offered to Families November 6<sup>th</sup> and 7<sup>th</sup> at Adams City High School in Commerce City*

**Denver, CO** – Do you want to get a check on your family's overall health? Did you miss attending a 9Health Fair in the spring? If so, plan to attend the 3<sup>rd</sup> Annual Commerce City Feria de Salud/Family 9Health Fair presented by Entravision, November 6-7 at Adams City High School, 7200 Quebec Parkway in Commerce City.

Scheduled from 8am to 1pm each day, more than 20 free and low-cost health screenings and education are available for families of all ages. To guard against flu season, low-cost seasonal flu shots are available for children and adults. Hundreds of volunteer medical professionals, including those who speak Spanish, will be on hand to answer a variety of health questions, and no personal identification is necessary to participate in the fair.

“It's so important to have a screening or an assessment on your health,” Commerce City Mayor Paul Natale said. “With the 9Health Fair offering so many tests and screenings for little or no cost, this is the perfect opportunity to ask the health questions that have been on your mind. I cannot think of one reason why anyone would not attend the 9Health Fair. People need to come to Commerce City and take advantage of this wonderful health fair.”

Low-cost screenings available for adults include:

- \$30: Blood Chemistry screening – checks a person’s overall health by screening all major organ functions including thyroid, cholesterol, triglycerides and glucose levels
- \$25: Prostate Specific Antigen (PSA) screening – checks a man’s risk for prostate cancer
- \$15: Blood Count screening – determines risk for infection and anemia by checking white and red blood cells and blood-clotting abilities
- \$20: Colon Cancer Screening Take Home Kit and Education – checks a person’s risk for colon cancer through a sample taken at home and mailed into Quest Diagnostics
- \$25: A1C Glucose Test – a blood screening that measures your average blood sugar control for the past 2-3 months
- \$20: Flu Shots (\$10 for kids)

Participants taking advantage of the low-cost blood screenings should drink plenty of water before they arrive at the fair, continue taking prescribed medications, and fast for 12 hours, except for diabetics. Results from these screenings are mailed directly to participants within three to six weeks after the fair, and 9Health Fair encourages participants to share their results with their primary care provider for additional follow up and treatment. 9Health Fair can also refer participants to medical care if necessary.

Some of the free screenings available for adults include:

- Blood Pressure
- Breast
- Finger Stick Glucose
- Foot Screening
- Heart Health Corner
- Height/Weight/Body Mass Index
- Lung Function
- Metabolic Syndrome
- Nutrition
- Oral Health
- Pap Smears
- Prostate/Testicular
- Skin
- Spine
- Stress Management

- Talk With A Health Professional
- Vision

Free screenings and activities for children include:

- Alas de Yoga
- Fuel up to Play
- Hearing
- Heart Smart Kids
- Height/Weight/Body Mass Index
- Hip Hop
- Kids Running America
- Lung Function/Asthma
- MILES, the Denver Broncos Mascot
- Oral/Dental
- Rail Yard Fitness
- Vision

Low-cost seasonal flu shots are also available for the entire family. The cost is \$20 for adults and \$10 for children ages six months to 17 years of age.

“Thanks to the support of City of Commerce City, Quest Diagnostics, 9NEWS and Univision, we are pleased to offer so many valuable screenings to families this November,” said Jim Goddard, President and CEO of 9Health Fair. “This effort would not be possible without these organizations and the hundreds of volunteers who lead our programs.”

For additional information about the Commerce City Feria de Salud/Family 9Health Fair please visit [www.9healthfair.org](http://www.9healthfair.org) or call 303-698-4455.

### **About 9Health Fair**

9Health Fair is Colorado’s largest non-profit, 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 programs have 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 501(c)(3) non-profit 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 2010 9Health Fair include 9NEWS, Quest Diagnostics, GE and King Soopers. Special thanks to The Colorado National Guard for its continued 9Health Fair support through delivering supplies to volunteers and sites around the state. For more 9Health Fair information, please visit [www.9healthfair.org](http://www.9healthfair.org) or call 303-698-4455.

### **About Commerce City**

A suburb located northeast of Denver, Commerce City was recently rated the second fastest growing city in Colorado and 16th fastest growing city in the nation by Forbes Magazine. The 19th largest city in Colorado, Commerce City offers nearby shopping, entertainment and dining and has the best of both worlds: metropolitan living and easy access to the Rocky Mountains of Colorado.

Commerce City has beautiful residential areas and also offers 18 parks and more than 25 miles of trails. The Colorado Rapids soccer club calls Commerce City home as does the 15,000 acre Rocky Mountain Arsenal National Wildlife Refuge.

###