



FOR IMMEDIATE RELEASE

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9HEALTH FAIR'S 36th SEASON KICKS OFF ON APRIL 17

Over 130 Locations Hosted Throughout Colorado

Denver, CO — On April 17, 9Health Fair is set to kick off its 36th year of providing life-saving, professional health screenings to adults (18+) all across Colorado. Over 130 communities will host a 9Health Fair, with locations all across the state – and even a handful in Nebraska and Wyoming! Endorsements from the Colorado Medical Society, the Colorado Nurses Association, and the Colorado Hospital Association make 9Health Fair a great place to start or continue on the path to healthy living.

On April 17-18, the 9Health Fair Express at Pepsi Center presented by Quest Diagnostics offers participants an opportunity to get blood work and blood pressure done in as little as 15 minutes! Full service fairs will be offered throughout the state, wrapping up May 2 with a season finale.

An important change has been made to 9Health Fair requirements. Based on the most current research findings, the 9HF Medical Advisory Committee has determined that fasting is not required (optional) for blood screenings.

“Our Medical Advisory Committee has been watching the evidence grow over the years, and are now confident that removing the fasting requirement from 9Health Fair will not compromise the outcome of the results,” Jim Goddard, President and CEO of 9Health Fair explains. “We are excited about this medical advancement and we hope that it will now be even easier for Coloradans to own their health!” To best prepare for a blood draw, drink plenty of water and continue to take prescription medications. People with diabetes should not fast. Check with your medical provider for specific recommendations.

Also new this year is the Total Wellness Zone – a unique offering at select fairs designed to address general wellness including complementary and alternative health practices. Participants can learn about practices and information to add to their healthy lifestyle through areas like yoga, pet therapy, cooking classes and massage.

All 9Health Fair locations include a \$35 Blood Chemistry Screening, which provides information about blood sugar (glucose), cholesterol, triglycerides, liver, kidney, bone and muscle function and may show warning signs of diabetes, heart disease and other concerns. Other affordable screenings include a \$30 Prostate Specific Antigen (PSA) screening for men, which checks for prostate gland issues and cancer, a \$20 Blood Cell Count screening, which checks the health of your blood, a \$45 Vitamin D

screening, which measures your baseline Vitamin D level, a \$30 Hemoglobin A1C screening that gives an average blood sugar level over the past 2-3 months, and a \$25 Colon Cancer Screening Take-Home Kit, which checks for colon cancer. Free screenings such as Blood Pressure, Breast Exams, Prostate/Testicular, Oral, Hearing, Foot, Skin and more are offered at specific locations, as well. To find a location near you or to register online (beginning February 1), visit www.9HealthFair.org.

About 9Health Fair

9Health Fair advances health awareness, providing people with the tools they need to take responsibility for their own health. 9Health Fair makes available life-saving, professional health screenings and education programs in over 130 sites in communities throughout Colorado and beyond (Nebraska, Wyoming, Kansas). Started in 1970 by the National Institutes of Health and 9NEWS, 9Health Fair became an independent 501(c)(3) non-profit organization in 1987 and has impacted 2 million lives in its 36-year history. 9Health Fair is Colorado's largest non-profit, volunteer-driven health fair program and holds unique endorsements from the Colorado Medical Society, the Colorado Nurses Association and the Colorado Hospital Association. Major sponsors for 9Health Fair include 9NEWS, Quest Diagnostics, Comcast 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 or call 1-800-332-3078.

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