



Commissioner Tommy Adkisson

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FOR IMMEDIATE RELEASE

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Senior citizen health fair takes resources to rural area

Bexar County Commissioner Tommy Adkisson is hosting a free Senior Health Fair to mark "Older American's Month" and take valuable health screening resources to a rural area of the County. The fair will be from 9 a.m. to noon Friday, May 3, at Annunciation of the Blessed Virgin Mary's John Paul II Center, 14011 FM 1346, in St. Hedwig.

Senior citizens attending the fair will have the opportunity to receive glucose, cholesterol, body mass index and blood pressure screenings, and receive information on the Texas Diabetes Institute Fitness Center, Medicare and CareLink. Stroke and heart health assessments also will be available.

University Health System will offer digital mammograms through its healthyUexpress mobile mammography unit. Women can pre-register for this service at www.healthyUexpress.com or by calling (210) 358-3720.

Agencies that also will be onsite to offer information include: VIA Trans, the Bexar County Sheriff's Office, University Health System, Catholic Charities, San Antonio Food Bank, Texas A&M AgriLife Extension Service, Texas Diabetes Institute Kidney Foundation, and the Bexar County Department of Community Resources – Energy Assistance division. Attendees can enjoy mini Zumba classes and door prizes as well.