

Darien Health Fair Coming Wednesday, Oct 21

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You can get your flu shot and learn about various ways to stay healthy at the Darien Health Fair from 2:30 to 6:30 p.m. on Wednesday, Oct. 21 at Mather Community Center.

Darien Health Department nurses will be administering flu vaccine for those 3 years of age and older.

All vaccine, regular and high dose (for people 65 and older) is preservative-free. For this event only, the cost for vaccine is \$15, cash or check ONLY. There will be no credit card or Medicare payments accepted.

Special arrangements have been made to provide vaccine for Board of Education employees.

Here's what else you can do, according to [a news release](#) from the Health Department:

- ? have your blood pressure, body mass index and oxygen levels checked,
- ? learn about hands only CPR, fall prevention
- ? get your posture assessed; learn about physical therapy
- ? get tips on bicycle, car seat and fire safety,
- ? learn about carbon monoxide dangers and preparing for disasters or emergencies,
- ? learn about healthy foods, diabetes, food allergies and nutritional counseling,

? receive information about Lyme disease, radon

? find out whether you really know how to wash your hands,

? discuss methods of stress reduction, fitness and understanding heart health,

? learn about domestic violence, mental health and substance abuse counseling opportunities for adults and children, and

? Win gift certificates & prizes!

These are just some of the healthful opportunities which will highlight the 3rd Annual Health Fair scheduled for Wednesday, October 21 from 2:30 to 6:30 p.m. at the Mather (Senior) Center, adjacent to the Darien Town Hall on Renshaw Rd. organized and sponsored by the Darien Health Department.

Among the organizations participating are the Connecticut Department of Public Health, Darien YMCA, Darien Board of Education, Ridgefield Visiting Nurse Association, Norwalk Hospital, Post 53 EMS, Darien Police Dept., Darien Fire Marshal, Darien Human Services, At Home in Darien, The Community Fund, the Darien Library, Child Guidance, Domestic Abuse Partnership, Silver Hill Hospital, Community 4 Action, Laurel House, Life Solution Center, Aquarion Water Company, Eversource, Palmer's Market, Kempo Academy, Whole Foods Market Darien and the Visiting Nurse and Hospice of Fairfield County.