

?? Clark Memorial Hospital will hold its annual Women's Health Fair on Saturday, September 13.

The event will be from 10 a.m. - 2 p.m. on the hospital grounds, and is designed to provide valuable health information to women of all ages and will include free health screenings, physician presentations on a variety of topics, and informational exhibits.

Some of the screenings will include blood pressure, blood sugar, breast self-exam instruction, sleep disorders, and body mass composition.

Physician presentations will be offered every forty-five minutes starting at 10:15 a.m. Various physicians will speak on topics including women and heart disease, menopause, osteoporosis, diabetes, and weight loss.

In addition to the screenings and presentations, informational exhibits will be set up providing information on stress reduction, smoking cessation, the birthing center, and healthy eating.

"We hope to educate women on a variety of health matters," says Ruth Schmidt, vice president outpatient clinical services at Clark Memorial Hospital. "Often women are so busy taking care of their families; they neglect to take care of themselves."

More than 250 people attended last year's event, with more than 6000 screenings and educational opportunities offered.

For more information on the health fair, please visit the hospital's web site at [www.clarkmemorial.org](http://www.clarkmemorial.org).