Health Fair Offers Free, Low Cost Screenings

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Brianna Gibbs/KMXT

This weekend people can get some important health information, without making a trip to the doctor’s office. Karen Leatherman is a spokeswoman for Providence Kodiak Island Medical Center and said the Kodiak Community Health Fair will offer free and low cost health screenings and educational materials to anyone interested.

“Some of the health screenings that will be offered include blood pressure, vision, height and weight. There are many free health education topics that will be covered and there’s also some great prizes that you can win.”

The fair will also offer low cost blood tests ranging from comprehensive tests to simple blood typing. Those hoping to do a comprehensive test will need to fast for ten hours before having their blood drawn.

The event is sponsored by a number of different community organizations and will feature exhibits and activities both for adults and children.

“There’s definitely activities for kids. Of course any blood test or any of that type of thing is for those who are 18 years or older and just a reminder that people should remember to drink plenty of water before having their blood drawn. That’s one of the suggestions from Alaska Health Fair.”

Leatherman said flu shots will also be available for $20.

“This health fair is really a great opportunity for getting some high quality low cost blood tests, there’s lots of great educational information and resources in our community and many of the exhibitors will be doing some free activities. It’s lots of fun and it’s free for all attendees to come to the fair and I think everyone will really benefit from some great information and having a lot of fun.”

The fair will run from 8 a.m. until noon on Saturday in the Kodiak College Benny Benson Building.