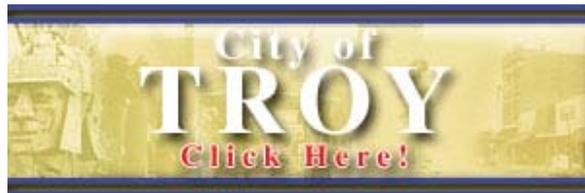


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By [Jaime Treadwell](#)

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## Community health and wellness fair on tap

Published 3:00am Wednesday, October 7, 2015

A Community Health and Wellness Fair will be held from 9 a.m. until noon on Saturday at Greater St. Paul A.M.E. Church at 606 East Academy Street in Troy. The health fair, sponsored by Zeta Phi Beta Sorority, Chi Upsilon Zeta Chapter and Greater St. Paul – Community Development Corporation is free and open to the public and everyone is welcome.

Sabrina Sims Thomas, sorority president, said a full morning of health education, seminars and activities are planned.

Booths will be available with information that include nutrition, exercise, HIV/Aids, HIV testing, hearing screening, parenting classes, fingerprinting, breast cancer awareness, resources for seniors, domestic violence awareness, rehabilitation-wellness, child abuse awareness and mental health.

“This is a Health and Wellness Fair that is designed for the mind, body and spirit,” Thomas said. “We have seminars planned every 30 minutes throughout the morning that will be beneficial in all three areas. This will be an informative and enlightening health and wellness fair.”

At 9 a.m. attorney Osaygefo Grubbs will present ‘Legacy Trust,’ and will provide information including writing

wills and setting up trusts and other legal information, Thomas said.

At 9:30 Lakeyta Knight of East Central Mental Health will discuss mental health issues.

Motivational Minutes with SUSO will be at 10 a.m. Mitch Sneed will discuss the importance of exercise and the need to appreciate your abilities and accept your limitations because “self-esteem matters.”

“Get Up and Get Moving” featuring Calvin ‘Pie’ Allen will be at 10:30 a.m. Allen’s presentation will honor breast cancer awareness.

“Dr. Clinton Bethea III, Fresh Hope International Church, will present ‘The Power of Family’ at 11 a.m.,” Thomas said. “The Community Health and Wellness Fair will close with the 11:30 a.m. seminar, ‘My World is My Bond,’ by Pastor Elijah Shafah. Greater St. Paul A.M.E. Church.”

In addition to the outstanding seminars and information booths, the health and wellness fair will have free books, book bags and coloring books available for children. And, just for fun, there will be face painting for the kids.

Refreshments will be available and door prizes will be given.

“LifeSouth will be on site to give everyone attending the opportunity to be an amazing hero by giving blood,” Thomas said. “Those who donate blood to the LifeSouth Blood Drive will receive Alabama and Auburn T-shirts and also get free snacks.”

Save-A-Life, House of Ruth, Humbled Hearts, SUSO Enterprises, Medical AIDS Outreach, Pike County Sheriff’s Department, Pike Regional Child Advocacy Center, South Central Development Commission Agency, Alabama Cooperative Extension System, Troy Regional Medical Center Physicians’ Clinic-ENT, Attorney O. Grubbs, Troy Health and Rehabilitation Center and East Central Mental Health Center are among the agencies in support of the Community Health and Wellness Fair.

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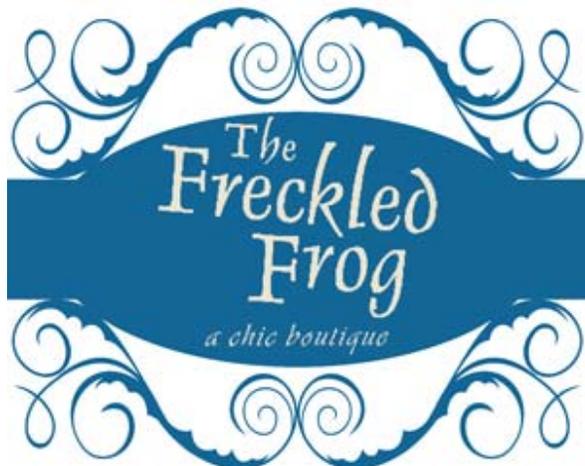
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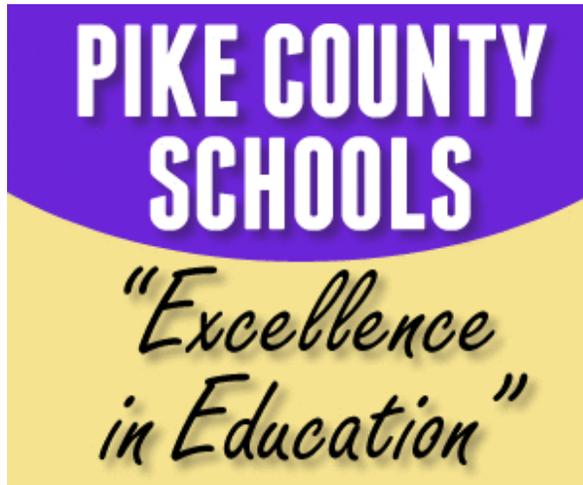
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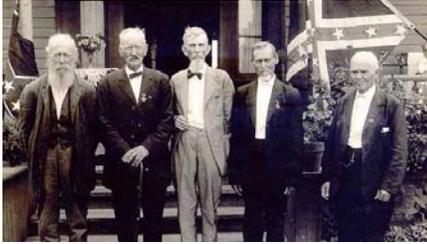
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