

Health Fairs and Exhibits

Louis Sullivan, M. D. President of Morehouse School of Medicine in Atlanta, Georgia, says “If we empower people to control their health risks, we can prevent up to 70 percent of all premature deaths in our country.” The public is getting this message and your church will find many people interested in attending a health fair where they can be tested to evaluate their risk of disease and receive information to reduce that risk. Health fairs are proven to attract attention and often receive free media coverage. Health fairs can make a big impact on your community that will give your church an opportunity to build and enhance relations with its neighbors while most effectively advertising its calendar of health education seminars. The friendships formed through these contacts will include many who will be interested in pursuing spiritual wellness as well as physical wellness.

Step 1: Establish Your Goals and Objectives

Most churches will include the following goals and objectives, but some may wish to add more. You may bring this suggested list to the church board, but it is important that they discuss, understand, and establish the final list so they will be more enthusiastic and willing to dedicate finances. Written goals are also the basis of demonstrating success. Some potential goals and objectives are:

1. Build awareness of the church in the community.
2. Demonstrate the unselfish interest of the Seventh-day Adventist Church in the health and well-being of people in the community.
3. Teach the most important health practices that reduce risk of disease.
4. Evaluate the health status of the participants
5. Encourage modification of behaviors to improve the quality and quantity of life of church members and the public.

6. Network with other service organizations so that the church can do a better job of referring people to other agencies for additional services and these organizations will feel comfortable referring their contacts to health promotion seminars conducted by the church.
7. Advertise a calendar of follow-up health promotion seminars such as:
 - Cooking Schools
 - Smoking Cessation:
Breathe Free: The Plan to Stop Smoking (The Health Connection Catalog nos. 15230 and 35400)
 - Stress Management:
Stress: Beyond Coping (Catalog nos. 35250 and 35280)
8. Increase church membership.

It is important that church members understand clearly that overt attempts to evangelize members of the public who attend a health fair in North America will most likely only prevent future community participation. However, health fairs increase attendance at follow-up seminars where close personal relationships between members and nonmembers have time to develop and bear fruit. These friendships and a careful planning of the sequence in which seminars are offered will help participants understand that spiritual health impacts physical well being. This investment of time and unselfish service will result in opportunities for Bible study and baptisms.

Cooking schools and stop smoking programs allow friendships to be formed but little opportunity for spiritual matters to come up naturally. Graduates of these programs should be encouraged to attend *Stress Beyond Coping* classes. Stress management easily adds more spiritual content since so many stressors relate to inter-personal relationships. Many previously secular people

who complete this class will be ready to attend *In Pursuit of Excellence*, a bridge between health promotion seminars and standard evangelism that helps secularly minded people develop faith in the Bible while teaching healthy lifestyle principles. (*In Pursuit of Excellence*, Catalog no.30250)

Step 2: Get Church Board Approval and Support

About three months in advance, set up an ad hoc steering committee composed of the church Health Ministries leader, other members of the Health Ministries committee, Community Services director, Personal Ministries director, Outreach director, Pastor, Communications director, and other members at large. Meet as needed.

As soon as plans are finalized, have a suggested date/place/budget OK'd by the Church Board at its next meeting. If it's your first health fair, include some one-time purchases of items such as sheets for tablecloths and the large banner for out front.

Step 3: Choose a Theme:

CELEBRATIONS® is the acronym adopted by the General Conference and North American Division Health Ministries Departments to present the principles of the Adventist lifestyle to members of the church and the public. Any Seventh-day Adventist church or institution can use this acronym without specific permission in connection with their health events.

"Fill your life with CELEBRATIONS"® makes an ideal theme for a health fair because it provides a framework for all potential exhibits and activities as demonstrated in Step 4 . This acronym and theme proclaim to our communities that we understand and assist people with the physical, mental, social, and spiritual aspects of health. It has a positive ring and correctly represents the practice of health principles as a fun and enjoyable lifestyle.

You can emphasize this theme by greeting participants with a banner behind the registration desk.



Fill Your Life With CELEBRATIONS® Banner
(Catalog no. 41640)

Step 4: Plan Stations and Services:

Each station needs to relate to the theme, but this does not mean that you must have a station offering services for each letter of the acronym. We are giving suggestions for twelve stations with a menu of ideas for each, but you can have fewer stations and services and still introduce your participants to all twelve basic health principles by providing them with the Fill Your Life With CELEBRATIONS® pamphlet at registration:



Fill Your Life With CELEBRATIONS® Pamphlet

(Catalog no. 41690)

This pamphlet can serve additional purposes. You might suggest participants obtain a signature by each symbol of the stations they visit in order to receive a free gift or a ticket for a grand prize drawing. This will encourage participants to visit all of the booths and help them get acquainted with and learn the name of the person signing.

By networking with nonprofit groups (such as those listed at Station Twelve) you may find supplemental free handouts are available. We do not suggest any specific free material because these items can quickly disappear and quantities often are limited. Everything we list is available for purchase from The Health Connection as are all the products referred to where the title is in italics followed by a catalog number. Information on how to order these items is provided at the end of this chapter. Only items already available are listed, but more are in production. The General Conference Health Ministries Department will offer a revised version of this article on its web site when new products and ideas make that appropriate.

Backdrops are suggested for each station for several reasons:

- To identify and define the space for each service
- To provide additional information on the topic

The outline of suggested stations and services that follows lists only the title for each station. You can produce a sign with this title inexpensively. If your budget allows you to produce a larger banner with added information, you can obtain suggestions from the General Conference Health Ministries web site: www.health20-20.org. The suggestions available on the web site will continue to grow after this manual is published and eventually may be collected on a CD in a form that will make it easier for you to produce large informative banners for each station.

Children's activities are important at each station because:

- Participants often bring their children and may not want to leave them with an

unknown baby sitter even if such a service is provided away from the stations.

- Parents may be unable to participate in the services provided for them unless activities are provided to entertain their children.
- Providing fun learning activities for children shows the church's interest in, and ability to help and teach, children. Later, when you send out advertising for Vacation Bible School, having provided activities for children can help build attendance at VBS and develop a growing relationship with the family.
- Children remind their parents of important health practices they learn.
- Adults often learn and remember more from what they overhear of the children's activities than the adult material.
- Adults, teens, and children will enjoy most of these activities.

Your church or institution must decide what stations and services your available staff and resources can provide, but after reading through the exciting possibilities below you will have a good idea of how to relate whatever you select to the CELEBRATIONS® theme. Where multiple activities, displays, and handouts are suggested, consider the list a menu of effective possibilities from which you can choose. It is not necessary to use all the ideas listed. As much as possible we have tried to include ideas that save your budget along with items that can be purchased to save your time.

In some cases we have mixed several topics that relate to the word identifying the station because of available products and to demonstrate how you can teach more than one specific application of each principle represented by the acronym in a single area. Depending on available staff, space, resources and community interest you may decide to have some stations much larger than others. We used nutrition to demonstrate how you could have three spaces side-by-side that deal with different subtopics when good materials, staff, and community interest makes it plausible.

Station One: Choices

Objective: To present the benefits and consequences of lifestyle choices

Backdrop: Create a sign highlighting the "C" in the word Choices

Display: Staff may wear Magic Thinking Caps that say "Making healthy choices means we use these (pointing to top of cap) to think through the facts and consequences of our behavior!" at which time they flip up the brim of their caps to expose the words: "Think, Think, Think" then say "Our free comparison of your health age to your chronological age will help you do just that!"

Magic Thinking Cap (Catalog no,34670)

Assessment Tool: A quick, fun comparison of health age and chronological age based on Research. *Your Health Age Computer Health Assessment Software (Catalog no. 35140)*

Activities: These games serve as attention-grabbing displays and activities demonstrating the importance of choices. They can be played by teams or individuals:

Wheel of Choices Game (Catalog no,38440).

Choices include such items as STD's, date rape, teen pregnancy.

Smoker's Roulette Game (Catalog no. 22050).

The lifestyle choice that kills the most people You could adapt the Wheel of Choices Game by pasting on different pictures and creating new cards to broaden its scope to the health principles in CELEBRATIONS®.

Children's Activities: Sing-along with tape of the song Positive Choices which promotes an understanding of self worth and good decision making skills. Use with or without puppets:

Positive Choices: No Smokin' Joe Soundtrack (Catalog no,38025)

Dental Hygiene Demonstration

Flossy the Tooth Puppet Catalog no, 47040).

Handout: Report from Health Age Appraisal

Station Two: Exercise

Objective: To present the benefits and guidelines of exercise for physical fitness

Backdrop: Create a sign highlighting the letter E" in the word Exercise

Assessment Tool: *Your Fitness Score Computer Health Assessment Software (Catalog no.35160).*

Activity: Measure any of the following: pulse, heart rate, strength, flexibility, posture.

Children's Activity: Play catch with soft colorful balls

Handout: Assessment Report

Station Three: Liquids

Objectives:

1. To demonstrate the importance of healthful beverages, especially water.
2. To demonstrate simple hydrotherapy.
3. To demonstrate the importance of hand washing and cleanliness
4. To demonstrate principles of osteoporosis prevention
5. To demonstrate non-alcoholic party drinks.

Backdrop: Create a sign highlighting the letter "L" in the word Liquids.

Table Display: (Objective 1) Pour all the different colors of vegetable and fruit juices, milk, and soy drinks into glasses arranged artistically in front of containers.

Activity: (Objective 2) Demonstrate simple hydrotherapy for sore throat or headache

Activity for all ages: Objective 3) Hand washing demonstration requiring basin and water and the following: *Germ Detective Powder (Cat. no. 38350) and UV Lamp (Cat. No. 38370)*

Handout: (Objective 5): *Non-alcoholic Mocktails Pamphlet (Cat. no. 23210).* Free bottled water, fruit juice, herb tea, etc. Look for retailers who will supply the drinks in exchange for subtle advertising by a sign stating who provided the healthful beverages.

Station Four: Environment

Objective: To demonstrate the importance of preserving and applying the health components of the environment such as sun, soil, water, food, and air. Emphasize sun and soil at this station since water, food, and air are covered at other stations.

Backdrop: Create a sign highlighting the letter "E" in the word Environment.

Assessment Tool: Skin cancer screening by dermatologist.

Activity: *Sun Sense* (Cat. no. 34340) is a 10-minute video you can have playing in a section of the booth with chairs if space permits or in a separate room for those who would like more detailed information on the benefits of sun, as well as potential damage to unprotected skin and eyes and how to prevent it. This short video is designed to appeal to and instruct both children and adults.

Children's Activity: Table with crayons and paper and adult suggesting everyone draw a picture of the sun, kids putting on sunscreen before they go outdoors, etc. Tape some completed art projects along front edge of table for inspiration and atmosphere.

Handouts: *Food, The Planet and You Pamphlet* (Cat. no. 28580). Free handout on sun safety tips may be provided courtesy of the dermatologist if requested.

Station Five: Belief

Objective: To present the connection between body and mind, faith and health. To assess stressors and coping strategies.

Backdrop: Create a sign highlighting the letter "B" in the word Belief

Subtitle: Some Beliefs Can Help Relieve Stress

Poster: *101 Stress Relievers Poster* (Cat no. 37450)

Assessment Tool: *Your Stress Profile Computer Health Assessment Software* 35150

Children's Activity: Bee Puppet can help kids and adults understand and accept the importance of this word belief that starts with "B" saying something like:

"B stands for me, the Bee, and also for Belief. What are some things it's good for kids to believe in? Acknowledge whatever they come up with and suggest noncontroversial things like: "Don't you bee-lieve:

- that firemen and policemen are heroes
- that your parents love you

- that what your parents and teachers tell you is important
- that you are a valuable person able to make valuable contributions
- that forgiving is better than revenge
- that good is stronger than evil

Oh all these bee-liefs make this bee so much happier. Don't they make you happier too?" *Honey Bee Puppet* (Cat. no.44260)

Handout: Stress Assessment Report Promotion Flier for upcoming Stress Beyond Coping Seminar and or seminars on video tape listed below.

Videotaped seminars even the smallest church can offer (to be followed by a discussion): Skip MacCarty, D. Min.,author of *Stress Beyond Coping*, presents:

Handling Stress: Beyond Just Coping Videos Series (Cat. no. 44890)

Lourdes Morales Gudmundsson, PhD, presents:

I Forgive You, But! Video (Cat. no. 44900 in English, 44905 in Spanish)

Chaplain Larry Yeagley presents:

Grief Recovery Series of Three Videos (Cat. no. 44920)

Linda Ferry, M.D. and Sana Johnson

Quijada, M. D. present:

Coping with Anxiety and Depression (Cat. no. 44910)

Station Six: Rest

Objective: To demonstrate inhibitors and enhancers of sleep, rest, and relaxation.

Backdrop: Create a sign highlighting the letter "R" in the word Rest

Assessment Tool: *How Healthy Is Your Lifestyle?*

Assessment Forms (Cat. no. 44595) covers most important predictors of health and longevity including sleep. Participants complete this form with a pen.

Demonstration: Techniques for giving a relaxing massage

Activity for all: Vibrating recliner chairs with faith-building reading material on tables.

Massage of neck, head, hands, or feet.

Foot massage machines. (Manufacturers

or retailers may loan massage chairs and machines.)

Handout: Flier promoting upcoming one-session seminar on sleep secrets where you can show the following video:

The Sleep Advantage Video (Cat. no. 33600) with additional tips from the book: *Sleep Secrets for Shift Workers & People With Off-Beat Schedules (Cat. no. 33490)*

Station Seven: Air

Objective: To present the health benefits of fresh air and a healthy respiratory system.

Backdrop: Create a sign highlighting the first letter "A" in the word Air

Assessment Tool: Spirometer testing of volume of inhaled and exhaled air.

Activity: Step or squat test with respiratory rate measurement before and after exercise.

Children's Activity: Have participants blow up a balloon, tie it with a ribbon and give it to them. Don't just give away deflated balloons as that would not be an activity and participants would not benefit from the messages on the balloons.

Balloons with anti-tobacco slogans (Cat. no. 11200); Big Mouth & Ciggy Puppet Program Kit (Cat. no. 45710)

Handouts: Brochures to promote your next

Breathe Free Plan to Stop Smoking:

Quit Smoking? Yes You Can With Breathe Free (Cat. no. 23600)

Brochure to help smokers stop smoking:

How to Stop Smoking and Breathe Free (Cat. no.13840)

Station Eight: Temperance

Objective: To increase awareness of the detrimental effects of alcohol and other drugs.

Backdrop: Create a sign highlighting the "T" in the word Temperance

Display: Death of a Liver Model (Cat. no. 23985)
Substance Abuse ID Kits (Cat. nos. 46340 or 10150)

Consequences of Drug Use Display (Cat. no. 10170)

Activity: Demonstrate how alcohol distorts vision:
DWEyes Glasses (Cat.no.38020)

Children's Activity: Let children take turns wearing The Body Uniform while explaining how tobacco hurts the lungs and alcohol can hurt the liver, stomach and brain and why both are particularly hard on children.

(Cat. no. 26330) The Body Uniform

Show children how medicine can look like candy so it's important never to eat what looks like candy when they find it or what they think is candy or medicine unless their parents or a nurse or doctor gives it to them.

Pills and Candy Display (Cat. no. 11550)

Present short puppet program on the dangers of alcohol:

Groovin' On-No! Mr. Al K. Hall (Cat. no. 35490)

Handouts: There are many inexpensive pamphlets on alcohol and drugs available from The Health Connection.

Station Nine: Integrity

Objective: To portray the importance of integrity in maintaining health.

Backdrop: Create a sign highlighting the "I" in the word Integrity. Here you really need a poster or banner explaining research on the importance of integrity and character education.

Activity for all: Have the following video playing continuously. It consists of several very short segments that are self-contained so it is effective with both children and adults whether watched only a few minutes or in entirety. This video frequently repeats two important slogans "Integrity Matters" and "The Golden Rule Rules ". Produced for public schools, this video will not offend as it teaches the importance of treating everyone with respect.

Integrity Matters: Respect (Cat. no. 430500)

Station Ten: Optimism

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Objective: To demonstrate the physical and mental health benefits of laughter, optimism, and positive thinking.

Backdrop: Create a sign highlighting the letter "O" in the word Optimism. It is important to have a banner explaining research that supports the importance of this principle.

Assessment Tool: Physical Vision: Screening for glaucoma and other vision related problems

Activity: Mental Vision Test: Hold up half-glass of water and say: "Describe what you see." (The optimist sees a glass half full, the pessimist sees a glass half empty.)

Kid's Activity: Costumed clown painting smiling clown mouths on children or clown puppet telling the value of optimism and laughter.

Clown Puppet (Cat. no 44430)

Handout: Put Smiling Face Sticker on back of hands saying something like "Just a little reminder that when you smile, the world smiles back at you and your health is better!"

Station Eleven: Nutrition

Nutrition Space One—Cancer Prevention:

Objective: To teach principles of nutrition and demonstrate the cancer-preventive phytonutrients found in plant foods.

Backdrop: Create a sign highlighting the "N" in the word Nutrition with a subtitle of "Cancer Prevention".

Assessment Tool: *Healthy Foods Index (Cat. no. 44840)*

Activity: Analyze Twenty-four Hour Food Recall for Nutrition Adequacy.

Food Demonstrations (See Chap. 9)

Kid's Activity: *Five-A-Day Puppet Program Kit (Cat. no. 46180)*

Decoration: *Set of Five Fruit and Vegetable Mylar Balloons (Cat. no. 33844)* (See The Health Connection Catalog for larger selection.)

Displays: *Three Dimensional Plexiglas Pyramid with Healthy Food Models (Cat. no.37001)*

Handout: *Vegetarian Food Pyramid Handout (Cat. no. 24080)*

Nutrition Space Two—Weight Management:

Objective: To teach principles of nutrition and demonstrate effective weight management principles.

Backdrop: Create a sign highlighting the "N" in Nutrition with a subtitle of "Weight Management."

Assessment Tool: Scales to measure body weight and height.

Skin-fold calipers Omron Body Fat Analyzer to measure body fat.

Body mass index calculations from chart:
Determining Body Mass Index (Cat. no. 41200)

Activity: Analyze Twenty-four Hour Food Recall for Nutrition Adequacy Food Demonstrations (See Chap. 9)

Displays: Amounts of Hidden Fat Display (Cat. no. 10590)

Amounts of Hidden Sugar Display (Cat. no.10600)

Globs of Fat Display (Cat. no. 38410)

Handout: How to use waist and hip measurements to calculate whether you are a "Pear" or "Apple" type and list of the possible health implications.

Nutrition Space Three—Coronary and Stroke Risk Reduction

Objective: To teach principles of nutrition that reduce the risk of coronary heart disease and cerebral-vascular disease.

Backdrop: Create a sign highlighting the "N" in Nutrition with a subtitle "Coronary and Stroke Risk Reduction"

Assessment Tool: *Your Coronary Risk Computer Health Assessment Software (Cat. no.35130)*

Activity: Draw blood for lab analysis of cholesterol levels, blood glucose level, and anemia. **(Medical supervision needed.)**

Displays: *Amounts of Hidden Salt Display (Cat. no. 28920)*

Cholesterol Control Model (Cat. no. 38210)

Death of an Artery Model (Cat. no. 22080)

Handout: Screening Reports

Station Twelve: Social Support and Service

Objective: To show the importance of social support and service in maintaining health and suggest ways to reach out to other people.

Backdrop: Create a sign highlighting the "S" in Social Support and Service

Activity: Invite representatives of community agencies needing volunteers to present the opportunities for service and recruit applicants. Examples:

Hospitals

Schools

Hospice

International Commission for the Prevention of Addictions

Welfare Centers

Red Cross, American Cancer Assoc., American Lung Assoc., etc.

Big Brothers and Sisters

Service Clubs such as Lions,

Kiwanis, and Rotary

- Determine content
- Consider legal issues
- Set date and time
- Select and reserve location (consider adequate parking)
- Plan layout and flow
- Contact other community agencies you wish to participate
- Get commitments from volunteer professional staff
- Plan advertising campaign

Four Months in Advance:

- Create evaluation/feedback form
- Decide on staff identification and appropriate attire
- Order supplies and materials
- Get printing, backdrops, and signs done
- Solicit donated items
- Check on advertising

Two Months in Advance:

- Assemble, organize, and pack supplies for each station.
- Hold training for all staff and volunteers
- Acquaint everyone with their exact location
- Practice with any new, unfamiliar supplies
- Supply all staff with written responsibilities, instructions, and list of supplies they will bring
- Check on advertising

One Month in Advance

- Concentrate on more advertising

One Week in Advance

- Review and confirm everything

One Day in Advance

- If possible, set up and decorate stations

Health Fair Day

Step 5: Develop a Time Line

In many cases, the following sample time line allows more than adequate time, but remember you are working with unpaid volunteers and you need to allow time for contingency plans if necessary. Doing these things as far in advance as possible makes it possible to do more advertising. Remember you and the other volunteer staff are investing the same time and energy in providing the health fair events whatever the size of the crowd, but everyone will be happier if more people come out. Adequate advertising on a slim budget requires more advance planning to free up volunteer hours for final reminder advertising during the last month. Advanced planning and practice with your staff allows them to be rested and confident the day of the Health Fair so they can concentrate on providing the best service with a smile and their focus on the attendees. You will of course add detail and adjust the following sample as needed.

Six Months in Advance:

- Set goals
- Develop a budget
- Submit proposal to Church Board
- Form steering committee

- Set up stations as early as possible so they are completed at least two hours before the health fair begins.
- Welcome all staff with a smile and be ready to help solve any unforeseen or unavoidable problems.
- Pass out evaluation forms to everyone—staff and participants
- Explain who will provide breaks and refreshments for staff.
- Open the door and welcome the participants with a smile!
Follow-up
- Write thank you letters to everyone who contributed time or resources.
- Read evaluation forms and record improvements needed for next time
- Prepare a report for the church board and conference.

Exhibits

For a simpler contact with the community, plan a health exhibit booth at county fairs and shopping centers. See *How to Plan a Health Exhibit (Catalog no. 21540)*. There are many tips in this brochure that apply to health fairs as well. Especially helpful are the two pages with “Hints for Staff” and the budget form.

Resources

All items in italics throughout this chapter are available from The Health Connection. The Health Connection is the General Conference and North American Division Health Ministries Resource Center. Materials prepared by the department to empower church community outreach are available along with products produced by many Seventh-day Adventist entrepreneurs and non-Seventh-day Adventist companies. All products on the topic of nutrition are screened by members of the G. C. Nutrition Council to be sure they are scientifically sound and represent a balanced position. Request both the **School Catalog** and the **Adventist Wellness Catalog**. You need both catalogs in order to find the descriptions for items suggested in this article.

You can place orders Monday-Thursday

8:30 a.m. - 5:00 p.m. Use a credit card and order by phone: Toll-Free Phone 1-800-548-8700 (from USA and Canada) 24-Hours-a-Day, 7 Days-a-Week. Fax a purchase order or credit card number with order toll free: 1-888-294-8405

Internet: www.healthconnection.org (School Catalog Only)

E-mail: sales@healthconnection.org

Publicity and Other Features

In co-operation with God’s leading, much of the success in getting a good turnout hinges on “saturation publicity.” Suggestions: use

- (1) Posters in both English and other applicable languages distributed throughout the area.
- (2) Flyers for church members and others to distribute.
- (3) Articles placed in newspapers, including pictures of people holding a large theme banner showing dates. Also, pictures of some of the demonstrators in action.
- (5) Public service announcements placed on all local radio stations
- (6) Representatives appearing on local TV stations, talking about the fair and health in general.
- (7) Consider at least one paid display ad in a local newspaper
- (8) Place a large weather-resistant banner in front of the building several days before.

Other Suggestions

If a local hospital healthmobile is available, place it in the parking lot from 9:00 to 4:00, drawing blood for: lipid profiles (total cholesterol, HDL, LDL, LVDL, and triglycerides) and also blood glucose tests for nominal prices, through special arrangement with the local hospital lab. If doing this, advise those coming to only ingest water during the preceding 8 hours for the lipid profiles. Results of the tests were given to them 5 days later at a meeting at the church, with a physician explaining the results and advising about high cholesterol and blood sugar. If they couldn’t be present, the results were mailed to them. Note: When “invasive” (blood drawing) tests are done, it must be under the auspices of a physician’s

office/hospital. This gives an umbrella of protection.

When people arrive, make sure they receive a directory of the location of the booths and what is being offered at each. If possible seminars

should be scheduled during the day. Make sure

the hours are included in the directory. Also put in lines on which to record the results of screenings. It's nice to give each one coming a pocket folder (donated/purchased from a local office supply store) in which to store handouts.

The booths can be numbered, and corre-

Dalton, Georgia Health Fair: Vivian Raitz

This fair was a large one. Smaller ones than this can be quite effective. We spent about \$2,000 on this fair, that included some one-time purchases of items such as sheets for tablecloths and the large banner for out front. The church provided some of the funds and private donors gave the rest. We did not pay for assistance at this fair. It was all voluntary.

Our fair followed a conference-sponsored regional rally in our church on Sabbath, featuring special health speakers in the morning, a potluck, afternoon stretching exercises and workshops. The health fair was held on Sunday in our school gymnasium, attached to the church sanctuary. It began with a 3K/8K fun run/walk, registration 8:00, fun run beginning promptly at 8:30.

Inexpensive T-shirts with logos were available to purchase at a nominal price, if desired. Participants didn't have to go the full distance, just whatever they felt comfortable doing. It was mainly for fun and fellowship. The pastor was in charge. The local Kroger store provided free power bars, water, and apples for the runners/walkers upon their return. We were careful to mention our co-sponsor, the Kroger store, in all of the releases.

The local hospital healthmobile was stationed in the parking lot from 9:00 to 4:00, drawing blood for lipid profiles and blood glucose tests for nominal prices, through a special arrangement with the local hospital lab. People were advised to only ingest water during the preceding 8 hours for the lipid profiles. Results of the tests were given to them 5 days later at a meeting in the church, with a physician explaining the results and advising about high cholesterol and blood sugar. If they couldn't be present, the results were mailed to them. (Note: When "invasive" (blood drawing) tests are done, it must be under the auspices of a physician's office/hospital. This gives an umbrella of protection.)

As people arrived, they were given a 3-page directory of what the booths were offering, where they were, and the hours of various seminars in both English and Spanish. There were spaces for recording the results of screenings. They were also given a pocket folder in which to store handouts. The booths were numbered and corresponding numbers were printed in the directories.

Our 19 booths functioned from 10:00 a.m. to 4:00 p.m. with a Spanish translator at each one. Several local organizations were involved in the fair. The "booths" were basically either 4' x 8' tables or 2' x 8' tables, with no dividers. All screening/counseling was free, except for the lipid profile and blood glucose tests.

Several seminars were scheduled during the day in adjoining rooms, as were Health-related puppet shows and vision/glaucoma screening by Professional Eye Associates. A drawing took place in their room for a free complete eye exam gift certificate.

This health fair combined volunteers from three churches, ours (Dalton, GA); Wildwood Lifestyle Center in Wildwood, Georgia, and the local Spanish church.

— Vivian Raitz, Lay assistant to the Health Director of the Georgia-Cumberland Conference

sponding numbers placed in the directories.

All screening/counseling should be free, except for the lipid profile and blood glucose tests.

Other booths can be added to those listed above, such as:

A Book Sales Table—selling cookbooks, providing health handouts, and community health interest survey creating interest in upcoming seminars. (See chapter 5 for sample surveys)

American Cancer Society and other health societies—Handouts

Dental—Dentists doing simple check-ups. It's important to indicate that it's for children also.

Family Practice—Have a physician there to answer questions.

Food—You might get the youth of the church to sell healthy food at reasonable prices.

Health Food Sales—Selling meat analogs and other health-food supplies.

Ophthalmologists—doing simple eye exams.

Face painting and games booth for children.

Suggestions for Seminars

One-hour Natural Remedies seminar.

Health-related puppet shows. The skits for these were obtained from The Health Connection. They are both educational, entertaining, and create much laughter.

One-hour Vegetarian/Nutrition seminar.

Smoking Cessation seminars.

Others listed in the "stations" above.

Reporters from the local newspapers should be invited to take pictures for feature articles.

Provide baby sitting for the helpers and attending parents.

It is essential to have smiling, outgoing "people persons" at the fronts of the booths, inviting those passing to stop by.

Wildwood Health Expo Panels

A Health Expo is a proven way to arrest people' attention. Wildwood has produced a set of 16 professionally credible color panels, two for each of the natural remedies. Each panel is made with beautiful high-resolution photo art and text.

The panels come in two sizes, the regular size of 51 inches by 8 feet and mini-panels are 3 feet by 4 feet. They can be mounted on wood or plastic pipe frames and arranged in such a way as to make booth-like areas where appropriate health screening activities are conducted.

*For more information contact: Charles Cleveland
(706) 820-9617; e-mail: cleveland@gccsda.com*