

# Annual Health Fair supplies vital advice

By Michele S. Haley

The Health Fair is both a fun event and one which could uncover some now hidden maladies.

"Two years ago I went to the Fair," explains a Middletown woman. "The Blood Pressure and High Cholesterol screening indicated that I had a serious problem."

While she was suffering from only one symptom of this disorder at the time, if it had not been for the Fair, she would have never followed up on it.

Now, two years later, she is recovering under the care of her physician.

"I no longer have any pain, and I have only the Fair to thank for that," she said, "I would highly praise the Fair."

Just as one Middletown woman tells her story in the hope that others may benefit from this year's Fair, Jean Kresge, Health Services Nurse, says that several people have benefited from the Fair over the past three years.

"The Health Fair has made it possible for people to be made aware of their problems before they get too serious," said Kresge.

"The Health Fair has been very successful along the lines of spotting lung and pulmonary disfunctions and high blood pressure, a problem that often remains symptomless," she added.

Stress reduction, nutrition, Stress Acupressure and pulmonary function testing will be the highlight of the Campus Fourth Annual Health Fair.

The Health Fair, sponsored by The Capitol Campus Health

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Middletown Woman**

Services Division and co-sponsored by PHI SIGMA CHI, will run from 8 a.m. to 5 p.m. on Monday and Tuesday, April 12 & 13, in The Gallery Lounge and Black Cultural Arts Center.

The Health Fair will allow students, faculty and the general public to become more acquainted with their bodies, through medical tests, demonstrations and general in-

formation provided by representatives and organizations throughout the Harrisburg area.

According to Jim Dickson, President of PHI SIGMA CHI, this year's Fair will not only give students the opportunity to receive free medical consultations and testing, but a chance to have some fun at the same time.

Demonstrations and testing will be provided by organizations such as Harrisburg Hospital, Community General Osteopathic Hospital, The Polyclinic Medical Center for Speech and Hearing, who bring to us the opportunity to receive auditory testing, a new edition to the Fair, as well as the Central Pennsylvania Lung Association.

This year's Fair will offer information and testing in areas such as dental testing for plaque, anemia and blood sugar testing, blood pressure screening and biofeedback for smokers.

In addition to free medical information and testing, the Fair will sponsor aerobic dancing from the Aerobics Co., free haircuts and manicures from the Empire Beauty School and facials from Cosmetics by Rita.

Other organizations that will have displays, brochures and demonstrations include: The American Cancer Society, Tri County Association for the Blind, Tri County Family Planning and the Dauphin County Executive Commission on Drugs and Alcohol.

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