FUN RUN/WALK

What: GMH 5K Fun Run/Walk

When: Saturday, May 3. Registration at 7:30 a.m. inside Wellness Center. Run at 8 a.m.

Where: Wellness Center

Cost: $15. Kids under 12 free.

Call GMH Sports and Medical Rehab at 537-4023 for more information.

Health is much more than physical wellness, according to Beth Ivey.

That's why Gothenburg Memorial Hospital's annual health fair Saturday in the Wellness Center will focus on more aspects of health.

The public is invited to the health fair, from 9 a.m. to 1 p.m. Saturday.

A free brunch, catered by the hospital's dietary center, is from 9 to 11 a.m.

"We want to encompass more than physical well being and also include emotional well being," said Ivey, GMH's Wellness Center director, who is coordinating the fair.

Ivey said she hopes the fair promotes a more healthy community by providing convenient access to several common diagnostic tests as well as access to exhibitors and speakers with information relating to health and lifestyle.

Vendors will include those promoting eye care, dentistry, health supplements, chiropractics, counseling and hearing aids.

Several speakers are scheduled in the center's workout room and include: Dr. Garret Shaw, Obesity in America (specifically diabetes), 9:45 to 10:15 a.m; Dr. Michael Trierweiler, Detection and Prevention of Breast and Cervical Cancer, 10:30 to 11 a.m.; Patricia Luck, University of Nebraska-Lincoln Extension office associate, nutrition; 11:15-11:45 a.m.

Kids car seat checks and bike helmet fittings and sales will also be offered.

In addition, a bounce house outside the facility, will also be available.

Participants in GMH's blood draw are encouraged to pick up their results at the fair.

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