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**February 16, 2022**  
**For immediate release**

**Doshier to Host Community Health Fair Saturday, March 19**  
*To provide education and access to health services for local residents*

SOUTHPORT—Doshier Memorial Hospital will hold a community health fair on Saturday March 19<sup>th</sup>, from 8:00 am – 11:00 am directly outside the hospital’s front entrance. The service offerings at this event have been curated to provide education, awareness, and access to health services tailored for local residents, with a focus on prevention, physical and behavioral health, nutrition, and fitness.

This event will be held in conjunction with the Brunswick Wellness Coalition Spring into Health 5K/1M color run/walk, which starts at the back entrance of the hospital at 8:30 am the same morning.

Services, screenings, and educational opportunities provided at the health fair will include:

- Diabetes A1C screenings
- Blood pressure checks
- Depression screenings
- Physical Therapy table - fall screenings
- Walk-in self-request mammogram (certain restrictions apply)
- COVID-19 boosters (Moderna only, ages 18 years or older)
- Nutrition tips and food sampling
- “Ask a doctor” table hosted by a Doshier primary care provider
- Fitness information and “Move and Groove fitness demo at 10:00 am

Lynda Stanley, President and CEO of Doshier Memorial Hospital, said, “We can’t be living our best lives if we’re not in our best health. This Health Fair is a way for us to give our community members the opportunity to connect with screenings, education, and access to services that will enable them to take ownership of preventing disease, making healthier

choices, and feeling their best. As the community's hospital, we welcome the opportunity to be a conduit for increased awareness and improved health and wellbeing in our local area.”

Call or email Doshier Community Relations with any questions about this event at 910-457-3900 or [marketing@doshier.org](mailto:marketing@doshier.org).

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