



**Tanya Davis**

Texas AgriLife Extension Service  
County Extension Agent - FCS  
206 S. State Street, Suite A  
Decatur, Texas 76234

Ph: 940.627.3341 Fax: 940.627.8070

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**Wise Notes for Consumers**

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**Celebrate Health with Wise County Health Fair**

As you mark your calendars for the many activities taking place this spring, I would like to encourage you to make plans to attend the Wise County Health Fair scheduled for Saturday, March 25 from 8:30 am to 12:00pm at the Decatur Civic Center. The Health Fair is sponsored by United Way and is promoting a healthier Wise County through community awareness and education.

An added feature this year will be interactive educational workshops in the Chisholm Trail Suites: 9-9:20am-Self Defense Education; 9:30-9:50am-Zumba Class; and 11:00-11:20 am a Stir Fry Recipe Demonstration with give-a-ways that will equip you with ingredients to prepare the recipe at home.

Another modified feature is Fit Fun for Everyone, a Fitness Celebration which will include Fitness stations set up by local Fitness Facilities, individuals, and student groups. Registration begins at 9:30 am in front of the Civic Center with the first 50 participants to receive a t-shirt. There are many additional prizes for participants visiting the fitness stations. Adults and children are encouraged to participate from 10-11am. This event is free.

*Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*

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There are many other free opportunities as well. You will want to take advantage of numerous free health screenings. Several popular activities are returning such as: Drunk Driving Simulator; and Face painting; child fingerprinting by the Wise County Sheriff's office Participants will be able to take part in plant pals offered by Wise County 4-H; and the Carter Blood Care unit returns.

Entry forms for booths/displays/activities space are available via the United Way website at [www.wisecountyunitedway.org/healthforum.html](http://www.wisecountyunitedway.org/healthforum.html). You may also contact the Extension office at 940/627-3341 for additional information.

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