



Tanya Davis
Texas AgriLife Extension Service
County Extension Agent – Family and Community Health
206 S. State Street, Suite A
Decatur, Texas 76234
Ph: 940.627.3341 Fax: 940.627.8070

Wise Notes for Consumers

Submitted: 3-16-18

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 24 from 8:30 am to 12:00 pm 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 the opportunity to dispose of prescription drugs that are expired or you no longer use. Thanks to the Decatur Police Department for making the Drug Disposal Box available.

Fit Fun for Everyone, a Fitness Celebration will include Fitness stations set up by local Fitness Facilities, individuals, and student groups. Registration begins at 9:45 a.m. 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.

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: Face painting; child

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.

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. You may also contact the Extension office at 940/627-3341 for additional information.

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.