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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 30 from 8:30 am to 12:00pm at the Decatur Conference Center. The Health Fair is sponsored by United Way along with our title sponsors United Health Care and Cigna Health Spring. The Health Fair promotes a healthier Wise County through community awareness and education.

An added feature this year will be a special event food pantry. This opportunity is provided by the Tarrant Area Food Bank. This idea came about from the Wise County Community Health Improvement Initiative that strives to improve the health and wellbeing of Wise County citizens. Along with the food pantry, healthy cooking demonstrations will be presented by Texas A&M AgriLife's Better Living for Texans program.

Another feature that families won't want to miss is Fit Fun for Everyone, a Fitness Celebration! which will include fitness stations set up by local Fitness Facilities, individuals, and student groups. Sponsors for this event are Fit-N-Wise-Fit Y.O.U.T.H, Jump Party Texas, Wise Coalition for Healthy Children, and STAR Council on Substance Abuse. Registration begins at

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9:45 am in front of the Conference Center. 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.

You will once again be able to take advantage of 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.

There are free health screenings sponsored by Wise Health System, Moncrief Cancer Institute, Decatur Eye Center, and Hope for America. Just a few of the available screenings are: cholesterol, A1C, blood pressure, dermatology assessments, grip strength testing, Hepatitis C, and more. Several popular activities are returning such as: Drunk Driving Simulator; face painting; and child fingerprinting by the Wise County Sheriff's office.

You may contact the Extension office at 940/627-3341 for additional information. Hope to see you Saturday!

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