

As we prepare for the biggest storm to hit the area this year, staff at the Auburn YMCA are busy preparing for our annual Healthy Family day, formerly known as the Health Fair. The biggest attraction to this event is the blood cholesterol screening which is done annually by the Auburn Memorial Hospital Laboratory. . While both the A and B gyms will be occupied with vendors and informational tables, the B-gym will have all family events beginning at 9a.m. The Family Health Day will be held on Saturday, March 6 and runs from 7:30 am until 11:00 a.m. The entire event is free and open to the public. Hopefully, by that time, most of the snow will have subsided and the event will be totally successful.

Senator Mike Nozzolio makes this event possible through his continuous generous donation to support this worthwhile project. The Auburn Citizen also helps us out by their assistance in the set up of the fair as well as assistance with all of the advertising and marketing. We are also grateful to our Medical Advisory Committee for all of their help in preparing for the annual Family Health Fair as well as their input on how best to present all of the information that we receive.

Be sure that if you want to have your blood tested that you fast at least 12 hours before your blood is drawn. You may also have your blood pressure measured and COAST physical therapy will do joint integrity testing. Other vendors who will be available for answering questions and giving our information are: Home Instead care for seniors, Auburn Memorial OB/GYN, Auburn Memorial Birthing Center, Auburn Memorial Medical Services, Auburn Memorial Cardiac Rehab, Arbonne, Auburn Police Department, Cayuga Health Department, Cayuga Co. Office for the Aging, The Citizen, Empire Vision Center, EPIC, Fidelis Health Care, Success by Six, Pregnancy Care Council, COAST PT, Port Byron Health Center, Active Physical Therapy, Mercy Rehab, Hospice of the FL, Silver Sneakers, Humana Health Care, MVP Gold, Homic Chiropractic, Chipman Insurance, Summit Pediatrics, Lesch Chiropractics, Victory Sports Medicine, Auburn Fire Dept Peer Fitness Trainer, Polise Dental ad Judy Bradac, silver sneakers fitness instructor. If you make it to all of these tables it will take you a lot of time and you will come away with a variety of information.

Besides this, there will be a lot of activities going on for youth and their family. Each person will be allowed to plant a seed and take it home and hopefully take it home and plant it in their garden if we ever see spring. Fidelis Health Care has very generously donated lunch bags and everyone will be able to make a healthy lunch to take home with them. Those participating in the youth and family area will also be able to take home some goodies, Frisbees, jump ropes or small beach balls. Abner Doubleday will be on hand to visit with the kids and hand out promotional materials as well as have a speed pitch challenge. There will also be a bosu balance challenge as well as a vertical jump challenge so that kids can see how important it is to stay active.

At 11:00 am, the fair will end however, guests may stay and enjoy an hour of free family swim. All in all, it will be a very busy time with lots of activities for all ages. Be sure to stop by, even if you don't want to have your blood tested there will be lots of things to keep you interested and active.