

# 9HealthFair 2013

**FRIDAY MARCH 29, 7:00-10am @ the Fairgrounds**  
**SATURDAY MARCH 30, 7:00-12noon @ Escalante Middle School**

So get **those calendars out & schedule us in...**  
let's make this year even better than last year.....  
which, quite frankly – ***YOU ALL were AWESOME!***

**We WILL have Great food, Great coffee, Cold drinks and  
LOTS of “Thank You’s” for ALL of our Volunteers!!!**

## **9Health Fair Facts:**

- **ALL Volunteers** are supported by the 9Health Fair State Program (they provide all the materials and supplies) and our local Lions Club.
- **9Health Fairs** were developed to provide low cost health screens to communities in the State of Colorado.
- **9Health Fair** provides important medical screenings at a very low cost. The only screening that participants pay for is the lab/blood work. Every other screening is available at **NO COST!**
- This health fair is for **OUR COMMUNITY AND ONLY HAPPENS** because **WE/YOU** volunteer to help!
- Durango has one of the **LARGEST 9Health Fairs** in the entire state!

## **What/Who do we need???** **SCREENINGS!**

**We provide 21 different HEALTH SCREENINGS – each requires the appropriate, licensed Health Care Provider – If you were involved last year OR you are a licensed practitioner and would like to get involved please contact:**

**Karen Zink or Stacey Martinez,  
Southwest Women’s Health  
Assoc. 970.247.0042**

## **Volunteers Needed for...**

### **Blood Pressure/Height/Weight:**

- **Fri. March 29<sup>th</sup>, 630am-10am**
- **Sat. March 30<sup>th</sup>, 630am-12Noon (split shift available if needed)**

### **Lab Draws/Phlebotomy:**

- **Fri. March 29<sup>th</sup>, 630am-10am**
- **Sat. March 30<sup>th</sup>, 630am-12Noon (split shift available if needed)**



## “TALK TO THE HEALTH PRO”

- **Sat. March 30<sup>th</sup>, 630am-12Noon**

We need providers, nurses, health educators! Please don't get intimidated – we just need some folks w/ clinical/medical background to review BASIC health guidelines to participants.... Like BP readouts, if they need to lose weight, are they physically active, are they eating a healthy diet, etc. We do have handouts and basic info available plus you can refer them to our educational area. All you have to do is get there to help us out:

## **NON-MEDICAL VOLUNTEERS!!! We want YOU!**

We need organizational/clerical volunteers, each day - to be available for a variety of tasks such as registration, assisting participants w/ filling out their forms, guiding folks to screenings, organizing the lines of participants (line manager), taking food/drink to volunteers at their stations, getting supplies to those who need it, traffic control, parking etc, etc, etc.

### *Here's the BASIC list of volunteer options.....*

#### Fair Grounds

- 3/28 Thursday, 3-5pm set up Fairgrounds
- 3/29 Friday, 615am-10am
  - Clerical & Line Mgt
  - Guides, Support, Food
  - Blood Draw/Phlebotomist
  - Blood Pressure
  - Hgt/Wgt/Body Mass Index

#### Escalante

- 3/29 Friday, 3-6pm set up Escalante
- 3/30 Saturday, 615am-Noon
  - Clerical & Line Mgt
  - Guides, Support, Food
  - Blood Draw/Phlebotomist
  - Blood Pressure
  - Hgt/Wgt/Body Mass Index
  - Pulmonary Func
  - Blood Glucose
  - Sleep Apnea
  - Talk w/ Health Pro
  - Ask a Pharmacist

Registration for Volunteers  
will open at 6am each day.

**Please email your volunteer request to:**

Jolie Ensign, [jolieensign@centura.org](mailto:jolieensign@centura.org), 970-764-2701

Or, Carmen Ritz, [carmenritz@centura.org](mailto:carmenritz@centura.org), 970-764-2705

Or, go to our online sign up: <http://www.signupgenius.com/go/5080D4AA5A72D6-durango>