



NEW YORK STATE SENATOR

Roy J. McDonald

## McDonald Announces FREE Community Health & Wellness Expo

ROY J. MCDONALD June 26, 2012



# Health and Wellness Expo



Saratoga City Springs Center, 522 Broadway  
Saturday, June 30, 2012  
10:00 AM until 2:00 PM



Co-Sponsored by Saratoga Hospital and Adirondack  
Saratoga Chapter of the American Red Cross

## Bring your family to Roy's Community Health & Wellness Expo on June 30th

### Fun and educational programs for your kids:

#### New York National Guard Counterdrug Task Force

- Climbing Wall
- Drug Prevention Information

#### Saratoga Springs Fire Department

- Fire Safety and Prevention
- Smoke Bus to Demonstrate How to Escape a Fire

#### Saratoga Hospital

- Child Health Plus Information

### Useful Information for Adults

#### Saratoga Hospital

- Nutritional Cooking Sample
- Glucose Screening
- Blood Pressure Screening

#### American Red Cross

- Emergency Preparedness
- Emergency Response Vehicle

... and much more!

### Senator

## Roy J. McDonald

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### Co-Sponsors event with Saratoga Hospital & American Red Cross

Saratoga Springs– Senator Roy McDonald (R-Saratoga) announced today his upcoming community health and wellness expo to be held on Saturday, June 30th from 10AM to 2PM at the Saratoga Springs City Center. Exhibitors at the event will provide information on healthy living for children, families and seniors.

“I’m excited to have this opportunity to partner with Saratoga Hospital and the American Red Cross to share information with the public on the significance of safe and healthy

living," said McDonald. "We're inviting numerous local organizations to participate and I look forward to learning a thing or two myself."

"As the leading health care provider in Saratoga County, our hospital strives to not only treat injuries and illnesses, but also to educate area residents about the value of preventative care," said Ellen Kerness, Marketing Manager. "We are happy to participate in a health fair that will raise awareness about overall health and wellness for all age groups."

"Preparedness is so important to healthy living," said Red Cross Executive Director Gary Ferris. "We share Senator McDonald's commitment to our communities and are delighted to be part of this event."

Saratoga Hospital will offer free blood pressure and glucose screenings, provide nutritional cooking samples, Hospital information and information about Child Health Plus. The American Red Cross will provide information on emergency preparedness along with it's emergency response vehicle on hand with free coffee for demonstration.

The expo will also have fun opportunities for children to learn about healthy living and safety. The Saratoga Springs Fire Department will be on hand to teach about fire safety along with demonstrate their "smoke bus" to teach kids how to get out of a fire. The New York State National Guard Drug Counter Task Force will be on hand with a climbing wall and will have anti-drug information.

McDonald has previously hosted community forums for mental health and developmental disabilities, public hearings on PTSD, and public round tables on health care issues.

There will be additional presentations available the day of the event, with health and wellness information available for seniors and veterans. For more information contact Senator McDonald's office at 455-2381.

