



# COUNTY of CUMBERLAND

*Public Library & Information Center*

## NEWS RELEASE

For Immediate Release

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### **East Regional Library Hosts Health Fair**

*Information offered for older adults*

East Regional library hosts its *50+ Health Fair* on Oct. 11 from 10 a.m. until 2 p.m. This event is focused on health information and services for individuals who are 50 years old and older, but family members and caregivers are also encouraged to attend.

Enjoy a free gentle exfoliating hand massage by representatives from Miller-Motte College. Have your blood pressure checked by health professionals from Cape Fear Valley Health System. Representatives will also be on hand from the American Red Cross of Cumberland County, Better Health of Cumberland County, Cape Fear Adult Day Health Care Center, Cumberland County Council on Older Adults, LIFE St. Joseph in the Pines, Stanton Hospitality House, United Way of Cumberland County, and the Vision Resource Center.

Light refreshments will be available and a door prize given away. Participating organizations, agencies and activities are subject to change.

For more information, call (910) 485-2955 or visit [www.cumberland.lib.nc.us](http://www.cumberland.lib.nc.us). East Regional Library is located at 4809 Clinton Rd. with free and ample parking close to its main entrance.

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