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## FOR IMMEDIATE RELEASE

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### **Warmer weather draws crowd for February Festival of Health**

**WADENA, Minn. – Feb. 4, 2018** – With the recent cold stretch snapped by 30-plus-degree weather over the weekend, people of all ages flooded the M State Wadena halls for the 29th annual February Festival of Health on Saturday, Feb. 2.

This free event offered more than 60 exhibits by local businesses and organizations, including booths like orthopedics and mental health services. Each booth provided hands-on learning and an opportunity to become familiar with the many resources available to families in the community.

Wadena County representatives were in attendance to discuss substance use prevention, radon, child abuse prevention, early childhood services, healthy living, emergency management and more. The Wadena County Soil and Water Conservation District also conducted free water testing.

Entertainment was also part of the festivities, featuring dance performances by Just for Kix, demonstrations by Mid-Minnesota Taekwondo, face painting by Beth Kern, caricatures by Doug Curtis and chair massages by M State massage therapy students. M State students also helped conduct blood pressure and glucose checks.

The health fair is sponsored by Tri-County Health Care, the Tri-County Health Care Foundation and M State Wadena.

#### **ABOUT TRI-COUNTY HEALTH CARE**

Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as minimally invasive surgery, cancer care, diagnostic imaging, obstetrics and rehabilitation. Tri-County operates a 25-bed hospital and medical clinic in Wadena, as well as five satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Bertha, Henning, Ottertail, Sebeka and Verndale. Visit [TCHC.org](http://TCHC.org).

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