
FOR IMMEDIATE RELEASE

TCHC's February Festival of Health slated for Feb. 3

WADENA, Minn. – Jan. 17, 2018 – Tri-County Health Care's 28th annual February Festival of Health will be held on Saturday, Feb. 3, from 10 a.m. to 1:30 p.m. at M State Wadena. This is the largest community-wide health fair in the area.

This free event offers more than 65 exhibits by local businesses and organizations. Each booth provides hands-on learning and community health, wellness and safety information for all ages. Free health screenings include blood pressure checks, vision screenings and blood glucose tests.

A cold lunch that includes a sandwich, chips, milk and cookies will be served from 11 a.m. and 1 p.m. in the cafeteria for a nominal fee.

Throughout the day, free entertainment and demonstrations will take place. They will include dance performances and taekwondo demonstrations featuring local students, free chair massages by M State students, free face paintings by Beth Kern and free caricatures by Doug Curtis. New this year is light stretching/yoga led by Prenatal Yoga Instructor Pam Doebbeling, with an introduction by Certified Nurse Midwife Dawn Dahlgren-Roemmich.

February Festival of Health is sponsored by Tri-County Health Care, 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 six satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Henning, Bertha, Ottertail, Sebeka, Verndale and Baxter. Visit TCHC.org.

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