

# Health Fair offers array of healthful vendors

Anyone who has ever wanted to talk to a variety of healthcare experts all in one place will get a chance at this year's annual Community Health Fair, April 16-19, at the Florence Events Center.

More than 30 exhibitors will be on hand to offer products and services that promote a healthy lifestyle.

"Those looking for a new edge on living a healthy and more vibrant life will have the opportunity to explore the many exhibits, products, services and samples — and have a chance to win one of the many prizes given out throughout the afternoon," says Linda Lydick, the event's coordinator.

The event is from 9 a.m. to 5 p.m. Thursday, noon to 5 p.m. Friday, and continues Saturday from 1 p.m. to 6 p.m., and wraps up Sunday, from 7:30 to 11 a.m.

Afternoons feature several



FILE PHOTO

Patrons visit one of dozens of booths at last year's Florence Health Fair at the Florence Events Center.

30-minute presentations by health experts and include topics such as exercise, optimism, hearing loss, oral health, and stories of personal journeys

to improved health.

"Attendees can look forward to talking with experts like nutritionists, chiroprac-

tors, dentists, nurses, massage therapists and physical therapists," says Lydick. "People will learn simple steps they can take to slow, stop and even reverse diabetes, heart disease and other conditions."

On Sunday, April 19, organizers will host a 5K fun run/walk. Registration begins at 7 a.m. and the event starts at 9 a.m.

A portion of the \$20 entry fee will benefit Florence Food Share.

Pre-registered participants receive a commemorative t-shirt and post-race refreshments.

The run/walk will begin and end at the Florence Events Center.

For more information on the event, email Lydick at [FlorenceHealthFair2014@gmail.com](mailto:FlorenceHealthFair2014@gmail.com).

# AARP seeks volunteers statewide for programs

For anyone looking for a meaningful volunteer opportunity where they can make a difference in their community, AARP Oregon is seeking volunteers to advocate, educate and engage Oregonians of all backgrounds.

AARP has a variety of community and committee roles including its Executive Committee and Diversity Advisory Council.

AARP Oregon works on issues that matter to Oregonians age 50 and older, including financial security, family caregiving, livable and age friendly communities, hunger, fraud and more.

Volunteers have an impact on local, state and federal levels with the AARP's out-

reach on protecting Social Security and Medicare, helping people find jobs, starting a new business or prepare for retirement, along with advocating for family caregivers.

AARP is seeking representation from every corner of the state. AARP Oregon supports inclusiveness in all of its activities and seeks leadership applicants who represent the state's diversity in age, geography, beliefs, ethnicity, disability and sexual orientation.

"We encourage Oregonians of all backgrounds to apply for these positions," said AARP state director Jerry Cohen.

For more information, email [oraarp@aarp.org](mailto:oraarp@aarp.org).

# Friends of Siuslaw Library seeks book donations

The Friends of the Siuslaw Library wants your tired, your used, your well-read books yearning to be shared.

You can donate these books to the Siuslaw Public Library.

The Friends of the Library (FOL) are planning a one-day book sale on Saturday, April 25, from 10 a.m. to 4 p.m., and are soliciting community donations of books for this sale, specifically for nonfiction books such as history, gardening, home, how-to, sports, crafts, nature, hobbies, travel, cookbooks and arts.

So, if you have extra books piling up on your shelves, or the nightstand, or the floor, bring them to the library circulation desk anytime the

library is open.

If you have large collections and wish assistance, contact the library ahead of time to have a Library Friend help transport the books by calling 541-997-3132, or email the Friends at [siuslawlibraryfriends@gmail.com](mailto:siuslawlibraryfriends@gmail.com).

Donation receipts are available on request.

While the Friends welcome all donations, it is difficult to sell textbooks, encyclopedia sets and outdated periodicals.

The April 25 book sale is a themed sale of non-fiction books.

Book sales are one of the Friends' primary fundraisers. All proceeds go to support the Siuslaw Public Library and its programs.

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