

Variety of experts to be on hand at Health Fair

Whether looking for motivation or education to help live a healthy lifestyle, visitors to this year's annual Florence Community Health Fair will find it. To kick off the health fair weekend, on Friday, April 17, the Bridgewater Restaurant will provide a free heart-healthy lunch for the first 100 attendees beginning at noon. Also on Friday only, visit dozens of fun exhibits with valuable information, products, samples, services, games, health assessments and a chance to win one of the many door prizes throughout the afternoon.

Personal trainers Tracy Markley and John Herbst from Coastal Fitness will be demonstrating exercise techniques. Pre-register early for the free Adult CPR/First Aid/AED class to be held on Friday as well.

Health fair attendees are encouraged you to bring non-perishable food items to benefit Food Share.

Donations will be accepted from noon on Friday, April 17, until Sunday morning, April 19, at 10:45 a.m.

On Saturday, April 17, activities begin at 1 p.m. with a free lunch provided by the Florence Seventh-day Adventist Church for the first 100 attendees. Choose from a full line-up of half-hour seminars with relevant and helpful tips for living a healthy and more vibrant life.

Seminars begin at 2 p.m. and will include:

- DeleteBloodCancer "What is the plan and

- how can I help?"
- 90 x 30: "To reduce child abuse and neglect by 90 percent by 2030 in Lane County"
- CERT: "Emergency food secrets for your survival"
- Us TOO: "Prostrate Cancer diagnosis and care"
- Joan Taber, PeaceHealth: "Gluten sensitivity and Celiac Disease"
- Jim Archer, marathon enthusiast: "Running, a lifetime practice"

There will also be doctors, testimonials and subjects such as: how to obtain a healthy diet; exercises for all situations; small changes with big results; hearing loss; dental care; and more.

For a full list of speakers, seminars and times, pick up a schedule Friday at the greeting table at the FEC.

Weekend activities conclude Sunday, April 19, with a 5K Fun Run/Walk. Proceeds from the 5K run will benefit Friends of Florence.

Registration begins at 7:30 a.m. at the FEC. The 5K begins at 9 a.m.

To pre-register for the free Adult CPR/First Aid/AED class, or the 5K and guarantee a T-shirt, email florenceorhealthfair@gmail.com, or call 541.999.2052.

This event is presented by Florence Seventh-day Adventist Church and underwritten by Korando Dental Group.



PeaceHarbor to host benefit concert April 24



A free benefit concert to raise funds for the PeaceHarbor Medical Center Emergency Department, "Leave A Legacy: Save a Life" campaign, will be held at the Florence Events Center on April 24, at 7 p.m.

Suggested tax-deductible donation is \$25. Tickets will be available at the door and performers will include:

- Larry Pattis, an accomplished guitarist named one of the "Top 10 Best Acoustic Music Artists of the Decade" by the International Acoustic Music Awards. He has been a featured headline performer at such illustrious venues as the Montreal International Jazz Festival and the Kennedy Center for the Performing Arts Millennium Stage in Washington DC. He also tours as part of the American Guitar Masters Concert Series.

- C. Daniel Boling is a Kerrville New Folk and Woody Guthrie Folk Festival Award-winning singer-songwriter. From Albuquerque, N.M., Boling has performed at the Florence Winter Folk Festival in previous years. Boling will perform original songs and guitar playing.

- Mike and Carleen McCornack have been wowing audiences for more than 40 years with an engaging musical style that blends clear, expressive, harmonious vocals with sparkling acoustic instrumental accompaniments.

They have been winners of the Winter Folk Festival People's Choice award, Parent's Choice Gold Award winners and Parent's Guide Honors.

- The New Folksters are a group of folk singers from Eugene, who combine strong harmony with instrumentals. Their performances are fun and include '60s folk songs, contemporary tunes and rollicking ragtime ditties. Some members have been part of the folk singing community since the '60s.

Band members include Hal Weiner (guitar, banjo, uke, vocals), Beverly Schriver (vocals, kazoo), Keith Barr (6- and 12-string

guitar, vocals) and Ken Luse (bass).

Cutline info: C. Daniel Boling (above left) and Larry Pattis will be among the musicians performing at the April 24 benefit concert.