



News Release

Contact: Amy Blaser, Vice President

Phone: (402) 562-3371

Email: [aebblaser@columbushosp.org](mailto:aebblaser@columbushosp.org)

Date: August 24, 2021

### **Public invited to free community health fair**

For Immediate Release

**(COLUMBUS, Neb.)** – Just as regular tune-ups are good for the life of your car, regular checkups are good for your body too. Maintaining your health now may prevent you from needing major “repairs” later. That’s why Columbus Community Hospital is inviting community members to the 17<sup>th</sup> annual Tune-Up for Life community health fair.

The event is set for 7-11 a.m. Saturday, Sept. 11 at the Columbus Wellness Center. The health fair will feature free health screenings for:

- Blood pressure.
- Body composition.
- Bone mineral density.
- Colorectal cancer.
- Flexibility.
- Hearing.
- Strength.
- Vision.

Discounted health tests and vaccines will also be available, including:

- Extensive wellness laboratory profile.
- Prostate specific antigen laboratory.
- Colorectal cancer screening.
- Seasonal flu shots.
- Pneumonia vaccines.

Attendees will also have free access to the Columbus Family YMCA and its amenities during the event. This includes Saturday morning fitness classes, a BodyPump class and a Cyclnc class.

For a full list of services and events, please visit [www.columbushosp.org](http://www.columbushosp.org).

###