



# Tennessee TRIBUNE

## **Bethlehem Centers of Nashville Offering Free Health Screenings for Senior Citizens**

**Non-profit to partner with local health organizations for the Seniors Health Fair on April 28**

**Nashville, Tenn.** – Bethlehem Centers of Nashville (BCN) announced today that it will host a Seniors Health Fair on Tuesday, April 28, providing adults 55 and older with health screenings and important educational information. BCN will partner with several local health organizations to offer these free examinations as a service to the community. The health fair will take place from 11 a.m. to 2:30 p.m. at BCN's main campus, 1417 Charlotte Avenue.

“Providing free health screenings for our senior population is an important part of the Bethlehem Centers’ mission to serve the community, especially during these tough economic times,” said Regena Davis, Seniors Club Program Coordinator for BCN. “Our Seniors Health Fair not only provides area seniors with health services that they otherwise could not afford, but works to promote healthy lifestyle choices and overall awareness. Through prevention and education, we can empower seniors so they may maintain their quality of life and dignity as they grow older.”

The Seniors Health Fair will feature free vision screening, bone density tests, blood pressure checks, diabetes tests, clinical breast exams, and many other preventative health screenings, as well as massages and educational information on various health issues. Seniors will also have the opportunity to apply for home energy assistance from the Metro Action Commission. This unique program provides Nashville senior residents with information on applying for financial energy assistance to help pay utility bills during summer and winter months. Lunch will be provided to all health fair attendees, and door prizes will be given away throughout the day.

Local organizations participating in the health fair, and providing free services to the community, include: Vanderbilt Coalition for Healthy Aging, AmeriGroup, Essence Day Spa, HealthSpring, Inc., Mary Kay Cosmetics, Matthew Walker/McGruder Family Resource Center Silvers Program, Matthew Walker Diabetes Project, Metro Nashville Public Health Department Witness Project, Meharry Consortium on Geriatric Education, and the Tennessee Department of Social Security.

Organizers expect to welcome more than 300 seniors from the local community. The Seniors Health Fair is free and open to the public. For more information, please contact Amber Williams at 615-329-3386, ext. 104.