



You may choose to attend one, two or three of the health topic presentations. Read through the descriptions on the following pages and select the topic(s) that interest you which you would like to attend. Each presentation will be 45 minutes in length.

There will be health screenings available from 8 a.m. to noon on a first-come, first-served basis. You will find screenings for the following: cholesterol, glucose, psa, bone density scan, foot scan, body mass index, pulmonary function and memory.



Vendors will also have displays set up for you to view their products and services. Representatives will be available at most displays from whom you may ask questions and get information.

Medications for disposal will be collected. No chemotherapy drugs or sharps (used needles or lancets) will be accepted. Bring medications in their original containers (do not mix medications



together). For prescription medications, the patient name should be crossed out with black, permanent marker to comply with HIPPA requirements.

HOW TO REGISTER FOR THE HEALTH FAIR

1) You may complete the registration form in this brochure and mail or return it along with your check made payable to Wolf River Area Healthcare Foundation to the Emanuel Lutheran Church office at 200 E Quincy St in New London.

OR

2) You may go online to www.emanuelnl.org/health and register on the website and pay the fee online with PayPal.

REGISTRATION FEES

\$10 for an individual

\$15 for a couple or family

Fee increases by \$5 if after October 21.

Support our local medical facility. Money given to attend the health fair will go back to New London Family Medical Center for equipment for the new surgical suite.

Emanuel Lutheran Church in conjunction with the Wolf River Area Healthcare Foundation is hosting this event for the community and hope that people will be blessed by their participation in the presentations, screenings and visits with vendors.

Supplemental funds have been approved by the Northeast Waupaca County chapter of Thrivent Financial for Lutherans.  *Thrivent Financial for Lutherans*



New Surgical Wing at NLFMC

NEW LONDON COMMUNITY HEALTH FAIR

OCTOBER 31, 2009

8:00 A.M. TO 12:30 P.M.



PRESENTATIONS ON HEALTH TOPICS
HEALTH SCREENINGS
VENDORS
COLLECT MEDICATIONS FOR DISPOSAL

ALL PROCEEDS WILL BE GIVEN TO NEW LONDON FAMILY MEDICAL CENTER TO PURCHASE EQUIPMENT FOR THE NEW SURGICAL WING.

REGISTRATION FORM

To register either complete the form below and mail or bring it to Emanuel Lutheran Church office at 200 E Quincy St. in New London along with a check made payable to Wolf River Area Healthcare Foundation or go on-line to www.emanuelnl.org/health and complete the form on the website and pay using PayPal by October 21.

Name(s) _____

Address _____

City _____

State _____ Zip Code _____

Phone _____

Email _____

You may choose from one to three presentations to attend.

I would like to attend the following:

	1st Person	2nd Person
1st Choice - # _____	_____	_____
2nd Choice - # _____	_____	_____
3rd Choice - # _____	_____	_____

\$10 individual; \$15 couple or family

Fee is \$5 more after October 21.

NEW LONDON COMMUNITY HEALTH FAIR

PRESENTATION DESCRIPTIONS

1)Managing Stress and Anxiety - This presentation will present the symptoms of anxiety and stress overload. Various coping strategies will be discussed such as self-care, relaxation breathing, challenging anxious thought patterns and spending time with God. *Kathy Jasman, LPC, MSE is a counselor for Christian Family Counseling Services*

2)Raising Healthy Children - We love our children. We want the best for them. Learn how you can help your child(ren) be healthy - physically, mentally/emotionally, spiritually and in their relationships. *Pastor Bill Heiges, Emanuel Lutheran, New London, experience & passion for family ministry*

3)Prevention--The Key to Minimizing Dental Costs - Want to avoid major dental expenses? This presentation will provide an overview of prevention techniques and key in on prevention as it relates to tooth decay and periodontal disease. *Kenneth Johnson, DDS, member of ADA*

4)It's Affecting Our Kids! - Come hear about what today's youth are using to get high. Learn how to tell if your child is using drugs. Find out how to help your child stay off drugs or get off of them. *Jeff Wockenfus, Police School Liaison Officer, New London Police Department*

5)ED: A Focus on Erectile Dysfunction - Over 30 million men have some form of ED, which can impact quality of life for them and their partners. Nearly every man can be successfully treated for this condition. We invite you to learn about the options for treatment. *Scott Kolbeck, MD, urologist for ThedaCare Physicians*

6)Fitness Made Functional - Think you lack the time, motivation, or resources to get fit? Healthy living begins with a single step. Come and allow your thinking to be challenged

as well as learn practical and enjoyable ways to incorporate fitness into your life. *Jennifer Heiges-Zeiner, certified health fitness instructor*

7)Men's Health Issues: What Every Man Should Know - The speaker will cover a wide variety of men's health issues with an emphasis on prevention. Newer screening tests and treatments will be presented. *Donn Fuhrmann, MD, ThedaCare Physicians, New London; special interest in preventative health care*

8)Benefits of Natural Living - Consumers have endless choices of "organic" and "all-natural" food, personal care and cleaning products. Find out more about the benefits for your family and the advantages for our environment. *Cheryl Hooper, Naturopath, C.N.H.P., owner - Simply Herbs in New London*

9)Osteoarthritis & Joint Replacement - This presentation will discuss the disease and treatments, especially joint replacement for the knee and hip. *Robert Hausserman, MD & Brian Lohrbach, MD, orthopedic surgeons at Orthopedic & Sports Institute of the Fox Valley*

10)Spinal Health: How to Stay Young Your First Hundred Years - Many conditions in our society were at one time preventable. Arthritis, degeneration,, disc problems, and nutritional deficiencies are some of the topics that will be covered. Come and learn why it is important to take a proactive approach to your health. *Dr. Brendan Kiger, DDC, Kiger-Steffes Chiropractic, Greenville*

11)Big Tobacco Stinks - Find out how tobacco companies go after our youth. We'll talk about tobacco addiction and how hard it is to break. We'll look at tools to help "kick" the habit and leave you healthier and richer. *Sherry Fischer, Waupaca County Tobacco Free Coalition Coordinator*