An addition to this year's health fair, that officials hope will attract more people, is a 5K fun run/walk.

Participants can lace up their shoes this Saturday, beginning with registration at 7:30 a.m., at Gothenburg Memorial Hospital's Wellness Center.

The race begins at 8 a.m. and will kick off GMH's annual fair that is from 9 a.m.-1 p.m. at the Wellness Center.

Wellness Center coordinator Lyndee Koch urges the community to attend the fair to touch base on wellness needs.

"We'll have everything from pet health to vision and hearing screening and more," Koch said.

The public is invited to the event which includes a free brunch from 9-11 a.m. Brunch will be catered by the hospital's dietary center.

Attendees can also tour an Air Care helicopter, from Good Samaritan Hospital in Kearney, have their children's car seats checked for safety and visit various booths.

A bounce house, supervised by hospital employees, will be available for children so parents can browse the fair, Koch said.

So far, she said employees from cardiac rehabilitation, surgery and diet and nutrition will have booths set up in the Wellness Center.

Koch said they hope to have a representative from Two Rivers Public Health man a booth to talk about various topics.

Blood pressure screenings and other checks will also be offered as will drawings for free products and services such as a foot clinic appointment and pedometer.

Participants in GMH's blood draw are encouraged to pick up their results at the fair.

One presentation, scheduled to begin at 11 a.m. in the conference room, is by a Juice Plus representative who will share nutrition and product information.

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