

**For Immediate Release**  
**Sept. 29, 2015**  
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## **YWCA Central Alabama to Host Health and Wellness Fair**

**Birmingham, AL., Sept. 29, 2015** — The YWCA Central Alabama will host a Health and Wellness Fair on Thursday, October 1, 2015 from 11 a.m. to 1 p.m. at the YWCA, 309 23<sup>rd</sup> Street North, Birmingham, AL 35203. Residents and clients of the YWCA and its partner agencies will be among those receiving routine health screenings and getting connected with providers in the community that serve those in need.

Vendors will include local fitness facilities, health-focused nonprofit organizations and community clinics. The YWCA will also have vendors providing confidential HIV testing; blood pressure and body fat composition screenings. [LifeSouth](#) will host a blood drive, and [Core Strong](#) will conduct a free pilates class at 11:30 a.m.

In the past 20 years, chronic diseases have replaced infectious diseases as the number one killer of Americans. Chronic disease is the cause of seven out of 10 deaths in the United States. Research shows that individuals who exercise regularly, eat a balanced diet, focus on their mental well-being and don't smoke have more quality years. Participants at the Health and Wellness Fair will be provided with information that could change their lives.

Nearly 98,000 Alabamians signed up for health insurance through the [Affordable Care Act](#). For many of these individuals, this is the first time they have had insurance in their adult life. Our providers can assist them in locating resources and help them determine what questions they should ask their physician.

Water and fruit will be provided by [Earth Fare](#), and [Cooking Light](#) will provide magazines and cookbooks. Vendors will include [Brookwood Medical Center's Steps Ahead Maternity Program](#), [Lakeshore Foundation](#), [American Heart Association](#), [UAB School of Nursing](#), [AIDS Alabama](#), [YMCA of Greater Birmingham](#), [Enroll Alabama](#), [Christ Health Center](#), [Pack Health](#) and [Kid One](#). Other vendors are [Ameriprise](#), [One Roof](#), [Girls on the Run](#), [UAB HealthSmart](#), [Smiles for Keeps](#), [Cahaba Valley Health Care](#), [Railroad Park](#), [Life Touch Massage](#) and [Bevill State Cosmetology Nail Care](#).

The YWCA is grateful to its donors and vendors for making this educational event possible.

### **About the YWCA**

The YWCA Central Alabama is a United Way organization that is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. For more than 112 years, the YWCA Central Alabama has been responding to the needs of women, children and families. The YW's programs and services serve women, children and families by providing: affordable child care for families; child care and after-school enrichment programs for homeless children; affordable housing; a broad array of domestic violence services; and social justice programs. For more information, please visit [www.ywcabham.org](http://www.ywcabham.org), [www.facebook.com/YWCACentralAlabama](https://www.facebook.com/YWCACentralAlabama) and [www.youtube.com/ywcentralal](https://www.youtube.com/ywcentralal) or follow [@YWCentralAL](https://twitter.com/YWCentralAL) on Twitter.

for every woman