

Resource fair to assist health literacy

GRAFTON — All community members are invited to a Health Literacy Resource Fair hosted by the Adult Literacy Center, Aurora Health Care, Aging and Disability Resource Center of Ozaukee, United Way Northern Ozaukee and the Kettle Moraine YMCA. The event will take place Saturday, Aug. 18, from 9 a.m. to noon at 715 Sixth Ave. in Grafton.

Grace Lutheran Church has graciously offered their facility for this important event. No preregistration or entry fee is required to attend the resource fair.

The morning will be devoted to making sense of health information and learning more about health and related resources available in Ozaukee and Washington Counties. Starting at 9:30 a.m., health information sessions will be offered on the following topics:

- Getting the most out of your doctor visit
- Managing your medications
- Effects of sugar on the body and mind
- Diabetes prevention and risk assessment
- Brain health and memory
- Salt and your blood pressure

Several health screenings will be available during the event, as well as information on programs related to nutrition, meal delivery, prescription drugs, vision, hearing and wellness and fitness programs.

There will also be activities offered for children, including yoga classes featuring YMCA instructors. Refreshments will be available.

To date, agencies participating in the resource fair, in addition to the hosts noted above, include the Bureau of Aging and Disability Resources – Deaf and Hard of Hearing Specialist, COPE Services, Family Sharing, Vision Forward, Interfaith Caregivers, Milwaukee Area Technical College and Starting Point. The hosts anticipate additional agencies will sign on in the coming month.

Be sure to put this important event on your calendar. More information on the Health Literacy Resource Fair can be found at www.AdultLiteracyOZ.org/health-literacy-fair. More information can also be obtained by calling Celeste Giunta at the Adult Literacy Center, 262-546-0020.