



Virginia Hospital Center (VHC) and the Arlington Kiwanis Club, established in 1931, partner to sponsor the Fleet Elementary Health Fair April 20.



Virginia Cooperative Extension features a display on "Eating From Head to Toe."



READ distributes free books to children, and Claire Morris is handing out a large diaper bag filled with classics like "First Words," "If You're Happy and You Know it, Clap Your Hands."

# Health Fair Reaches Out to Community

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ARLINGTON CONNECTION

Megan Canote and Michelle Altman, representing VHC, stand at the front door of Fleet Elementary School April 20 greeting visitors to the Health Fair jointly sponsored by Virginia Hospital Center and the Arlington Kiwanis Club.

Canote says the Professional Development Council at Virginia Hospital Center always has an event "but this year they wanted us to do something big. The

Kiwanis also wanted to do something big. An anonymous donor gave us \$5,000 and we figured we have the manpower so we teamed up."

About 30 vendor tables line the walls representing health and related nutrition services available such as Medicaid, Arlington Food Assistance Center, Virginia Cooperative Extension Services, Arlington County Police Department Business Council, Doorways, READ, Thrive, and a number of VHC specific services such as the trauma unit. Blood pressure and diabetes testing was also available.



Sarah Fisher, a nurse in VHC outpatient surgery, takes the blood pressure of Esther Cano.



Doorways offers pathways out of homelessness, domestic violence and sexual assault leading to safe and stable lives.



Virginia Hospital Center display demonstrates appropriate Infant and Car Seat Safety.



Arlington County Police Department (ACPD) Business Outreach Unit.



Arlington Food Assistance Center (AFAC) offers information about its supplemental grocery assistance for low-income families in Arlington.