

SWOSU Nursing Students Plan Different Type of Health Fair on April 25

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Southwestern Oklahoma State University School of Nursing students will conduct a free multiple session health fair on Wednesday, April 25, beginning at 4 p.m. at the Weatherford Emmanuel Baptist Church.

The two seminars each last one hour. The first session at 4 p.m. focuses on children's health issues. Topics to be covered include bicycle safety, the Heimlich maneuver, proper nutrition, the fight against obesity, hand washing, general hygiene, smoking prevention, and proper exercise.

The second session, starting at 6 p.m., is geared toward adult health questions. The education includes diabetes, heart health and hypertension, cancer, smoking and smoking cessation, home safety, poison control, the dangers of impaired driving, CPR and AED usage, the Heimlich maneuver, and peer pressure problems.

From 5 until 6 p.m., SWOSU nursing student Elna Daniel said a meal will be provided at the cost of \$5 for adults, \$3 for children and \$15 maximum for a family.

For more information, please contact the School of Nursing at 580.774.3261.