

5th annual Montgomery County Wellness Fair is Oct. 19 at the Plymouth Meeting Mall

Magellan Behavioral Health of Pennsylvania, in collaboration with the Montgomery County Office of Managed Care Solutions, Drug & Alcohol, and Mental Health/Development Disabilities, will host the 5th annual Montgomery County Wellness Fair on Oct. 19th from 10 a.m. to 1 p.m. at the Plymouth Meeting Mall (500 W. Germantown Pike, Plymouth Meeting). The free event will feature health screenings, fitness demonstrations, family activities and lots of community resources.

Key facts about the event

- Is open to all residents of Montgomery County.
- All of the activities, exhibitors and demonstrations will take place inside the Plymouth Meeting Mall within the Mall's common area.
- Families are encouraged to attend and participate in the games, arts & crafts, and face painting.
- Fitness demonstrations are courtesy of ZHeat Fitdance, Edge Fitness, and Philadelphia Freedom YMCA.
- **Free health screenings** are scheduled to provide a convenient option for those requiring some or all of the following:
 - Blood pressure screening
 - BMI screening
 - Bone health screening
 - Diabetes screening
 - Mental health screening
 - Fall risk screening
 - Vision screening
- **Free food sampling** courtesy of several mall tenants.
- The event will have over 85 exhibitors.
- Social determinants of health information, Community HealthChoices information, Tobacco dependence information, opioid resources, nutritional information, and other community resources will be available.
- Many of the exhibitors will offer giveaways and other educational items for all ages.

For more information on this year's Wellness Fair, contact Angela Ennis at ANennis@magellanhealth.com.