



THE CITY OF  
**CANTON**  
WILLIAM J. HEALY II, MAYOR

## **NEWS RELEASE**

Office of the Mayor  
City Hall – 8<sup>th</sup> Floor  
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Canton, Ohio 44702

### **FOR IMMEDIATE RELEASE**

**Date** January 22, 2012  
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#### **Take “Charge” of Your Health January 25, 2013**

CANTON, Ohio –

The City of Canton announces Take “Charge” of Your Health Expo will be held on Friday, January 25, 2013 from 8:00 am until 2:00 pm at the Canton Civic Center. Aimed to increase awareness about the importance of healthy lifestyle choices, Take “Charge” of Your Health Expo, an event for City of Canton employees and their spouses, is a fun and educational way to exercise preventative health measures. Linda McBride, Health Benefits Administrator, stated, “The Take Charge of Your Health Expo, is a wonderful opportunity to assist our employees and their spouses in creating a healthy lifestyle as a way of living. Maintaining a healthy lifestyle should be a priority in our daily lives - both at home and in the workplace.”

The City of Canton in collaboration with Aultman Hospital, Mercy Hospital, Tiffany Breast Care Center, Caremark, and Canton Family Dentistry, all local leaders committed to the improvement of patient health, are offering numerous services to City of Canton employees and their spouses. These include: health screenings, held from 8:00 am to 11:00 am; glucose and full lipid blood draws, remember to fast- nothing by mouth for at least 12 hours prior to health screening- water and required medications are encouraged as prescribed; height, weight, BMI, body fat percentage, and waist circumference; on-line health risk assessments; educational handouts; and onsite mammograms.

The Take “Charge” of Your Health Expo will also provide assistance in the areas of smoking cessation, nutrition and weight loss, sleep apnea, employee assistance programs, and orthopedic/robotic surgery. In addition to the invaluable preventative screenings and personalized assessments, the Fair will also feature health vendor booths, prizes, and many other fun activities.

“We want each employee to know that we are concerned with their health and encourage them to take advantage of the wellness opportunities offered at the Expo,” stated Director of Human Resources, Andrea Perry who is organizing the health intuitive.

This important event is open to all City of Canton employees, at no cost. Service Director, Warren Price has approved for all City of Canton employees to visit the Health Fair while on the clock. A City ID badge is needed to receive a sticker representing attendance at the Fair.

To encourage all employees to register for a health screening, the Health Fair will feature a raffle to win Charge tickets. The first 100 employees to register will receive a voucher for 2 complimentary tickets for the Canton Charge verses Iowa Energy game on Saturday, January 26<sup>th</sup> at 7:30 pm, vouchers may be redeemed at the Civic Center Box Office, and additional tickets are available for purchase for only \$5.00.

Coffee will be provide, compliments of Carpe Diem, until 10:00 am. Transportation beginning at 8:00 am, and consecutively every half-hour, will be provided by Sarta from City Hall, pickup is scheduled at the main entrance of City Hall (Cleveland Ave), to the Civic Center.

To schedule a health screening appointment, Aultcare members please contact Abbey Raoch at 330-363-6187; UMR (Mercy) members call Terri Schade 330-966-6507; and appointment can be made with Tiffany Breast Care Center by emailing [pruntuckey@yahoo.com](mailto:pruntuckey@yahoo.com) .

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