



SW WASHINGTON HEALTHFAIR

3rd Annual SW WA Health Fair Raises Money for Nursing Scholarships!

On July 13, First 50 Guests Get Swag Bags!

Vancouver, Washington (The Write Stuff) July 6, 2019

Realizing that the state of Washington will have an urgent, unmet need for 7,000 nurses by 2025, the La Societe de Femmes is hosting the 3rd Annual Southwest Washington Health Fair Fundraiser on July 13 to raise money for nursing scholarships.

Great news! The fair is free and open to people of all ages!

This year's event will be held at the 40 et 8 Boxcar located at 7607 NE 26th Ave., Vancouver, WA 98665 (in the upper parking lot of the Bingo Hall). From 10 AM-3 PM, get expensive health screenings done for free, learn how to keep your children safe in the car, help save a life by donating blood, and raise money for nursing student scholarships. It's a win-win-win!

The SW Washington Health Fair is an annual fundraising event that connects our community with local health and safety resources while raising funds for scholarships for nurses' training. The primary reason more people do not enter nursing is the cost of education: NurseJournal.org states that it costs up to \$52,000 to earn a two-year nursing degree and up \$104,000 to earn a bachelor's degree in nursing.

According to a recent article in the ***Vancouver Business Journal***, Washington state might be lacking 7,000 nurses by 2025 to fill available jobs (Westby, 2019). We ask for your support by coming to this health fair and raising funds to help close this gap.

This year, the fair will feature free wellness workshops. Since seating is limited for each workshop, we suggest that you register online to reserve your space for any or all the following informative workshops:

- Keynote Speaker will be Dr. Gloria Arroyo-Grubbs from TriStar Family Chiropractic & Scoliosis Center. Dr. Arroyo-Grubbs will speak about TECH NECK EPIDEMIC: The effects of electronic devices to the human brain and frame.
- Guest Speaker will be Danielle Phelps, personal trainer and wellness coach. She will speak about teaching and guiding proper postures, rehab style stretches, and exercises for eliminating pain.
- Guest Speaker will be Bill Cohen with Cohen Caregiving Support. He will speak about how to care for a loved one with Alzheimer's. Bill will be there to answer/discuss your questions and address any issues in an interactive, support group setting.

The Wellness Workshops will take place during the Health Fair from 10am-1pm. Please pre-register at swwahealthfair@gmail.com.

This year's fair is expected to be bigger and better than ever with:

- over 35 health, wellness, and safety vendors sharing free information about how to improve your health
- free health assessments (for blood pressure checks, glucose testing, and free spinal assessments)
- Kids Zone
- Car Seat Clinic hosted by AMR
- Blood Drive hosted by Bloodworks Northwest
- Healthy food available for purchase from Simply Thyme Catering

Arrive when the Fair opens at 10 and you might be lucky enough to snag a swag bag!

By buying a raffle ticket (or 3 or 5), you could win one of the incredible raffle prizes!

If you would like to give back to your community, The Share House Donation Bin makes this easy to do! Bring 2 non-perishable items and receive one entry into the raffle prize drawing.

Learn how to install your car seat properly from certified car seat technicians at the Car seat Clinic hosted by American Medical Response.

Help save a life by signing up to donate blood at the blood drive hosted by Bloodworks Northwest. You can pre-register to donate blood here:
<https://schedule.bloodworksnw.org/DonorPortal/GroupLanding.aspx?s=118B>

And there is so much more—including **Break-Out Sessions!**

Beats Studios 360 will be offering free, fun, fantastic break-out sessions during the event.

10:30 am-Kids Fitness Class

11:30 am-Zumba

12:30 pm-Strong (a fitness class for everyone at every level)

In a statement, Stephanie Collazo-Serrano, Event Director, said, "At the La Societe de Femmes, we are incredibly grateful to our sponsors who have made very generous contributions which have helped us reach our scholarship fundraising goals. Without the financial support of the following businesses and individuals, getting this close to our goals would not have been possible."

This year's sponsors include:

Kim Wilson, Mortgage Pro at Guild Mortgage NMLS #92897

Rebecca Rogie, Berkshire Hathaway Northwest Real Estate

Javier Navarro, State Farm Agent

Kangen Water Bar

Rezilyent Health

Mom Brain Club

Bounce-N-Battle

Simply Thyme Catering

About La Societe de Femmes

La Societe de Femmes is a local non-profit organization that supports the efforts of the 40 et 8.

About 40 et 8

The 40 et 8 organization is committed to charitable and patriotic aims. Their purpose is to promote the well-being of veterans and their families. They actively participate in selected charitable endeavors which include programs that promote child welfare, youth sports, and nurses' training.

Contact Information

Stephanie Collazo-Serrano, Event Director

360-635-8313

swwahealthfair@gmail.com

<https://swwahealthfair.com>

Link to Eventbrite Tickets: <https://www.eventbrite.com/e/3rd-annual-sw-wa-health-fair-tickets-63508086396>

Link to Facebook Event Invite:

<https://www.facebook.com/events/1738899032878891/>

Link to Facebook Business Page: <https://www.facebook.com/swwahealthfair/>