



Health

Arthur Winston Division to Host Health Fair, April 26

(April 24) Get a free health screening, a massage and a low-cost gourmet lunch! Where? At the Arthur Winston Division 5's Health Fair, Thursday, April 26, from 9 a.m. until 3 p.m.

The health screening will check your blood pressure, cholesterol count and vision. Talk with fitness consultants and see cooking demonstration. There's also a raffle.

Vitamin and herb specialists will be on hand to give iridology readings for only \$10 (usual price: \$25).

The lunch? Your choice of chicken sate with pomegranate molasses, beef rolls with roasted peppers, tofu tostada with garlic mojito, Southeast Asian stir fry, barbecued tempeh with baby onions or low-fat crab cakes with Thai aioli and water chestnuts.

For more information, contact Kim Mitchem at 922-6205.

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