



Together #6 Newsletter Angel Fire Community Foundation

Mark your calendar, Wellness Fair set Aug. 5

Hello Moreno Valley...time again to mark your calendars for the Angel Fire Health and Wellness Fair, Saturday, Aug. 5 at the Angel Fire Community Center. Fair hours are 9 a.m. to 1 p.m.

Year-round and part-time residents and visitors — ALL are welcome and encouraged to attend this valuable, favorite and FREE health event.

The fair will again provide popular complimentary breakfast burritos, juice, fruit and coffee.

Angel Fire Community Foundation, the Loving Family Memorial Fund, and Moreno Valley Healthcare Clinic sponsor the event coordinated by the clinic's Family Nurse Practitioner Margaret VanAntwerp, also Community Foundation secretary. While the fair offers many usual health checkups, the hope is to promote early detection.

Services will include cholesterol tests, and other blood tests at reduced prices, blood pressure, pulse and body mass index calculations, blood sugar testing and oxygen saturation plus screenings for hearing problems and pediatric development.

"What we really want is to encourage people to find problems early," VanAntwerp said.

United Blood Services of Albuquerque will be back for anyone wishing to donate blood, from 8 a.m. to 2 p.m. Anyone wishing to schedule an appointment may do so on www.unitedbloodservices.org.

There will be information on aging and long-term services as well as information on our closest hospital, Holy Cross in Taos.

Angel Fire clinic's new doctor in residence, Zachary Engelbert, D.O., will be on hand. He is eager to meet more of the community and share information and his background in osteopathic medicine.

Other services include physical therapy, chiropractic and acupuncture demonstrations, dental health, essential oils health benefits and Angel Flights transportation.

Angel Fire Fire Department will demonstrate fire extinguisher and fire safety. Fair attendees may also meet staff of a new mobile clinic coming to Angel Fire, Inside Out Mobile Wellness Center.

Mission

Angel Fire Community Foundation strives to improve the quality of life for residents and visitors in the Moreno Valley. The Foundation helps connect donors' charitable giving goals with vital community needs while taking advantage of optimal tax benefits.

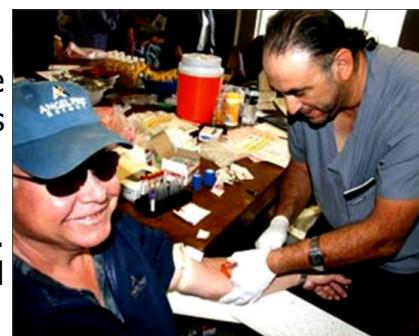
Ways to Give

There are a variety of methods and forms of charitable giving. In all cases, the donor can direct gifts to general areas of interest or to specific charitable organizations.

Ways to Receive

The Foundation provides grants to nonprofit community based organizations for projects in the Moreno Valley communities.

For more information about the Angel Fire Community Foundation, please go to:
angelfirecommunityfoundation.org



So, for your continued good health don't forget Saturday, Aug. 5, 9 a.m. - 1 p.m. We'll see you there.