

Community health fair in New London

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- Tina Detelj

New London, Conn. (WTNH) - The first in a series of health and wellness fairs, designed for residents to get healthy, took place in New London.

The community health center in New London is one of eleven around the state. It's the first to have this community health fair to showcase the services which are offered.

Earl Heath has been coming to this Community Health Center in New London for years and today he's getting a Tetanus shot.

Heath said, "Things have changed in my life coming here. I'm very healthy I've dropped a lot of weight and I listen to what they tell me."

Along with immunizations, blood pressure screenings, diabetes and nutrition counseling, and health and housing programs are all available for free.

Mary Blankson APRN works at the Community Health Center. She said, "The point of the fair today is actually to open ourselves even more to the community let them know the services that are available but also to kind of assess need and start to fill those needs even today."

This is the first in a series of health fairs around the state marking National Health Center Week. And there's even some activities the kids will enjoy.

Blankson said, "We believe that health care is a right so everybody is welcome to come through these doors."

Salina Barnhill of New London said, "Matter of fact a year ago I had high blind pressure and I detected it through one of these programs."

Now Barnill is on the medication she needs. She says the center's outreach programs in the schools are also very helpful.

"Mothers like me that have work we don't have to call community health to make an appointment we just go to the school and everything's set," Barnhill said.

People can come in or call these community health centers to try to schedule an appointment and if the scheduling allows they may be able to see you that same day.

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