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News

## CHC to host free community health fair Thursday

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NEW BRITAIN — Community Health Center of New Britain is marking National Health Center Week with a free family-friendly health fair on Thursday from 11 a.m. to 2 p.m. at the Health Center, 85 Lafayette St., as part of a campaign to raise awareness about the mission and accomplishments of America's Health Centers as local solutions.

The theme of this year's National Health Center Week is "Celebrating America's Health Centers: Powering Healthier Communities," to underscore how community health centers provide access to affordable, high quality, cost effective health care to medically vulnerable and underserved people throughout the United States.

Health centers are run from the bottom up, by a patient-majority governing board that guides how limited resources can be effectively directed to meet the health care needs of the community. They are strong partnerships of people, governments and communities that work together to meet the unique and diverse health conditions of the community.

The free health fair is open to the public and has many offerings that will get folks thinking and moving in healthy ways. Guests can groove to live music, or participate in a series of movement activities including Zumba, Recess Rocks and yoga. Refuel after burning calories with healthy smoothies and fresh produce from the on-site farmers market. In addition, the event will offer immunization and blood pressure screenings, dental screenings for children, information on Husky and WIC programs, information on early detection screenings and a CT Housing and Health Department information booth.

Health centers like the Community Health Center of New Britain provide health care to more than 20 million people at 8,000 sites nationwide.

"Studies show when illnesses like diabetes, hypertension, asthma and depression are not appropriately managed or prevented, they account for a significant portion of the skyrocketing costs for families and the entire health care system," said Dr. Margaret Flinter, senior vice president and clinical director of CHC. "America's community health centers, like our own state-wide network of 13 centers, have been leaders in showing the value of this approach as an effective way to address more needs, improve health, and contain costs. Our patients not only get the care they need under one roof, but they are treated as individuals, with dignity and respect. This is what health care should be, and what we celebrate during National Health Center Week."

Established in 1996, CHC of New Britain serves residents of New Britain and many surrounding towns in Hartford County, providing comprehensive primary medical, dental and behavioral health care for adults and children.

It is the hub of an extensive set of CHC services including school-based health centers and clinics in the city's homeless and domestic violence shelters.

Now more than ever, public support is needed for health centers as Congress attempts to reduce the budget deficit with

spending cuts to the program and changes to Medicaid that could further reduce access to preventive care for millions of people.

To find out more, visit [www.nachc.org](http://www.nachc.org). For more information about National Health Center Week, visit [www.healthcenterweek.org](http://www.healthcenterweek.org).

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