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• Special to the Daily Leader The second annual Fall Into Health Fair is just around the corner – the event, with the new name of Community/Veteran Health, Job and Education Fair, is planned for Oct. 23 at the Seward County Activity Center. Included in the activities again for this year are a 5K and 1 mile walk/run.

“Last year we had a great turnout with 30 participants,” said Liberal Parks and Recreation Co-chair Ronna Stump. “We are excited to be a part of the fair again this year.”

Entries are now being accepted for this year’s run and will also be accepted the morning of the event.

According to Stump, who co-chairs the event along with Liberal Parks and Rec’s Gary Scott, those who sign up early can do so at the Liberal Parks and Recreation Center located at 1109 W. 7th Street in Blue Bonnet Park.

Registration the morning of the event will begin at 7:30 a.m. The 5K will begin at 8 a.m. and the one mile at 9 a.m.

“The event will begin from the Seward County Activity Center and participants will follow a course taking them around near the ball diamonds on Western Avenue and eventually return them to the Activity Center,” Stump said. “The one mile part of the event will also start from the Activity Center and go from 8th Street and down to Western Avenue before bringing them back to the activity center as well.”

“Got Health” T-shirts will be available for purchase the day of the event, according to Stump who said, “We still need a sponsor for these shirts.”

Sponsors for the T-shirts are able to have their business name on the back of the shirts.

The event has one new sponsor this year – Reliv out of Hays – which along with having a booth at the fair, is also sponsoring a hydration station for the participants.

“Participants really enjoyed last year,” Scott said. “It was a good event. We had several from out of town who took part, but we would also like to see more from our community involved in it. Walking and running are a good form of exercise and we hope to encourage more people to make this part of their health care plan.”

The top three finishers in the divisions will receive a medal. The age divisions usually range from age 8 to in their 60s. All who want to participate, however, are welcome.

For more information about the 5K and One Mile Walk/Run, call Liberal Parks and Recreation at 626-0133.

Good Sam's to offer rides to upcoming fair

• Special to the Daily Leader The second annual Fall Into Health Fair is just around the corner – the event, with the new name of Community/Veteran Health, Job and Education Fair, is planned for Oct. 23 at the Seward County Activity Center. Good Samaritan Society Liberal, one of the many sponsors for the event, offered rides from designated pick up stations for those who needed one last year. This year, they have expanded that offer.

“We will be available to pick up those who would like a ride from their homes this year to the fair and back home again,” said Good Samaritan Society Liberal Director Danna Legleiter. “This year we are only doing Liberal residents, but if there is enough interest we may look at expanding that next year.”

Those in need of a ride can call Good Samaritan Society Liberal at 624-3831 or 624-3832 and ask for van dispatch, it is usually Paula, according to Legleiter.

“When people call, they need to tell us it is for the health fair and not a doctor’s appointment, otherwise our staff will have them call a 1-800 number that all our doctor appointment rides go through. Those answering the 800-number will not know what we are even doing with a health fair.”

According to Legleiter, those wishing to take advantage of the service will need to provide a pickup time for not only their homes, but also from the event back to their homes.

Legleiter said they are proud to have the opportunity to offer this service and “help be an active part of the community.”

For more information about the rides or to make an appointment, call Good Samaritan Society Liberal at 624-3831 or 624-3832.

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