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**Livingston County
Health Center**

Adult Wellness Blood Draw Clinic Wednesday, April 27th

Livingston County Health Center to offer Routine Blood Testing and Health Screenings through Upcoming Wellness Clinic

April 21, 2011: Livingston County Health Center is offering its Adult Wellness Blood Draw Clinic Wednesday, April 27th from 7 to 10 a.m. at their office, located at 800 Adam Drive. The clinic is an effort to encourage adults to get recommended preventive screenings conveniently and at an affordable charge.

It is the aim of public health to promote health and prevent disease-this service encourages our residents to take charge of their own health before problems arise.

The health center is offering several basic blood tests at the Adult Wellness Clinic, all of which require fasting the night before. (To achieve the most accurate results, it's best to not eat or drink anything but water after midnight the day before a blood test.) A light snack will be available at the clinic. If you know you are a challenging draw, it might help to drink water when you get up in the morning and until your blood is drawn.

Those who have attended our Adult Wellness Blood Draw Clinic in the past will see even more affordable rates for testing. The CBC/Chem Profile will be offered at this clinic for \$25. The CBC/Chem Profile is the most comprehensive blood test measuring 35 different blood parameters that can have a powerful impact on the state of your health, including complete blood panel, cholesterol profile including lipids, thyroid function and more; a PSA prostate cancer marker for \$8; the Hemoglobin A1C, a test that gives diabetics a picture of average blood glucose control for the past 2 to 3 months, for \$7; or Vitamin D (25[OH]D, which is short-hand for 25-hydroxyvitamin D) for a cost of \$10. Current research is revealing connections between vitamin D deficiency and a myriad of health concerns, including cancer, depression, osteoporosis, immune dysfunction, diabetes, heart disease, and more.

If you have a condition that requires regular blood testing, don't miss this opportunity! Invest a little time in your health to keep yourself in good running condition so you can live a longer, healthier life.

All services of the health center are provided on a non-discriminatory basis.

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For Immediate Release