**COLORADO SPRINGS – Colo.** – The Independence Center is hosting the second annual Free Community Health Fair on Friday, Sept. 6 from 10 a.m. – 2 p.m. The fair will host local community resources available for health and wellness needs.

“This fair is an opportunity for the community to come in contact with resources they may have not known was available to them,” said Marie Bryan, health fair coordinator and Home Health Billing Specialist at The Independence Center.

This resource event is free, open to the public and will house more than 40 vendors. The fair will include free services such as: blood sugar and blood pressure checks, wheelchair pressure mapping, depression screenings, pulse oximetry and massages.

“Health and wellness is not just about physical health,” Bryan said. “It (the fair) encompasses every part of those levels of health and wellness: physical, mental, emotional and healthy environment. All of the vendors in participation this year encompass one of those levels.”

The day will be full of food, games, prizes, music and the celebration of healthy lives within the community. Patrons of the fair will even have a chance to enter a raffle to win a free Kindle Fire.

“If people can walk away with just one piece of valuable information or learn about a resource that could benefit themselves, their family, a friend or loved one, we’ve done our job,” Bryan said. “Just that one thing has the power to change someone’s life and that is what makes it all worth it.”

For more information on the Health Fair visit The Independence Center’s website at <http://www.theindependencecenter.org/home-health/health-fair>.

**About the Independence Center:**

The IC was founded to assist people with disabilities to make changes in their lives that lead to independence in our community. We empower people with disabilities to live independently, and to enhance options and quality of life. We are a vigorous participant in local efforts to remove barriers for people with disabilities because we believe that people with disabilities should have the same civil rights, options and control over choices in their lives and equal opportunity as people without disabilities. We provide skills training to empower people with disabilities to be well informed advocates and active citizens; to change laws, legislation, systems and attitudes that affect their independence. For more information, please visit us at http://www.theindependencecenter.org.

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