



FOR IMMEDIATE RELEASE | October 24, 2023

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WSU Health Sciences, Spokane Public Library, and Spokane Public Schools to Host Fall Health Fair Promoting Healthy Lifestyles and Community Engagement

[Spokane, WA] – The Associated Students of Washington State University Health Sciences (ASWSUHS), Spokane Public Library, and Spokane Public Schools invite the community to join in on a day of education, entertainment, and engagement at Shadle Park Library on Saturday, October 28th from 11am - 2pm.

The ASWSUHS Fall Health Fair is a remarkable opportunity to engage in activities, demonstrations, and health screenings presented by WSU Health Sciences students and community partners.

“Together, we aim to promote awareness of healthy lifestyle habits and disease prevention,” said ASWSUHS President Anna Schmidt. “With a wide array of topics to explore, you can learn more about exercise, nutrition, dental hygiene, blood pressure, fire safety, vegetable gardening, and much more. This event is a chance to give back to the amazing Spokane community!”

With a mission to be a community of learning paired with being an established community hub, the library is naturally a great space for an event like this to take place.

“Health is such a multifaceted topic and by partnering with WSU Health Sciences, we can help bring their invaluable knowledge to our diverse group of library patrons including other students, families, and individuals of all ages and backgrounds,” said Community Educator, Juan Juan Moses.

The community is invited to join in these additional activities during the event:

- [The Art of Intuitive Eating | October 28 at 12pm](#)
- [Stretch Smart: Flexibility for Life | October 28 at 1pm](#)

In recognition of our community’s commitment to promoting health, the first 200 attendees will receive free food to refuel and recharge during the event. There will also be raffle prizes for attendees.

About Spokane Public Library

Spokane Public Library aims to inspire a thriving city through cultural and educational opportunities. An award-winning library that spans seven locations and houses nearly half-a million items, Spokane Public Library circulates nearly two million items and welcomes one



million visitors annually. Customers can enjoy traditional library media and can also access digital downloads, databases, historical collections, art exhibits and interesting free programming. For general information about the library, please visit spokanelibrary.org or call 509.444.5300.