

Free Health Screenings, Mammograms & More ~ For Your Health Expo, Tuesday, March 19!



For Your Health Expo – Davie Family YMCA

Free Health Screenings, Mammograms, and More! — [The Davie County Chamber](#) and the [Davie Family YMCA](#) are pleased to present the 2019 For Your Health Expo on Tuesday, March 19th at Davie Family YMCA at 215 Cemetery Street in Mocksville. For Your Health Expo runs from 9 a.m. to 1 p.m. and is free to adults of all ages. This annual community event brings vendors of healthy lifestyle products and services together under one roof to offer Davie County residents a convenient one-stop healthy lifestyle information experience.

Join us for FREE health screenings, one-on-one counseling, free tastings, and much more! Sponsored by [Wake Forest Baptist Health – Davie Medical Center](#), [Foster Drug Company](#), [Warren Hearing Solutions](#), and [Snyder's Cleaning Service](#). The For Your Health Expo offers access to important information as well as direct interaction with a variety of medical service providers. Several free health screenings will be offered including blood pressure, spinal, and glucose.

The Novant Health Breast Center mobile unit will be onsite offering mammograms. There are only 13 slots left and the deadline to register is Friday. Contact Novant at 336-718-2042 or enowens@NovantHealth.org.

With healthcare costs on the rise and interest in personal wellbeing at an all-time high, For Your Health Expo provides residents with a great opportunity to take positive steps toward improving their health.

Health and Healthy Lifestyle Providers

The Chamber appreciates the support of its event sponsors as well as the participating vendors, including: [Allegacy Federal Credit Union](#), [BB&T](#), [Bermuda Run Family Medicine](#), [Cardinal Innovations Healthcare](#), [CapTelNC](#), [Carolina SeniorCare](#), [Davie County Board of Elections](#), [Davie County Public Library](#), [Davie County Recreation & Parks](#), [Davie County Senior Services](#), [Family Care Center of Mocksville](#), [Farmington Community Events Center](#), [Foster Drug Company](#), [Granite Ridge Farms](#), [Griswold Home Care](#), [Healthy Made Simple](#), [Home Instead Senior Care](#), [Hospice & Palliative Care of Iredell County](#), [Humana](#), [Johnson Insurance Services](#), [Mocksville Family Dentistry](#), [Mountain Valley Hospice & Palliative Care](#), [Natural Foot Care](#), [Novant Health](#), [Optimal Health Chiropractic](#), [Pro-Activity North Carolina](#), [Sam's Club](#), [Snyder's Cleaning Service](#), [Stagecoach Family Chiropractic](#), [Trellis Supportive Care – Davie](#), [VineLife Products](#), [Warren Hearing Solutions](#), [Wake Forest Baptist Health – Davie Medical Center](#), [WS AI-Anon Informational Services](#) and [Zija International](#).

For Your Health Expo is a collaborative effort of the Davie Family YMCA and the Davie County Chamber of Commerce to connect our health and wellness businesses directly with our community in an environment that promotes complete health in spirit, mind, and body. “This was established as a community service event but it also provides an opportunity for both our organizations to serve our members and further the missions of both the Y and the Davie Chamber,” said Caroline Moser, president of the Davie County Chamber of Commerce.

Always wanted to join the Davie Family YMCA? Attend the Health Expo and they will waive your joining fee!

The first step in any wellness journey is knowledge, and the For Your Health Expo is a great place to gather information about making healthy choices for your whole family. Plan to head to the Davie Family YMCA on Tuesday, March 19th to start your journey of healthy living. Do it for your health and do it for the health of your family! For more information contact the Davie County Chamber of Commerce at 336.751.3304 or email chamber@daviecounty.com.

About the Davie County Chamber of Commerce

For over 49 years, the Davie County Chamber of Commerce has served the business community as the catalyst of business growth and economic development. We believe in working together to promote a strong and vibrant business community throughout all of Davie County. As the countywide Chamber, we represent businesses from Cooleemee to Advance, Mocksville to Bermuda Run and all points in between. Our office is located at 135 S Salisbury Street in Mocksville where you will also find the Davie County Visitor Center and Davie County Economic Development Commission office.

About the Davie Family YMCA

The Davie Family YMCA, located near downtown Mocksville, has served the community for more than 25 years and offers a wide range of programs for the whole family including swim lessons, licensed before- and after-school care, and youth sports. The Y includes a comprehensive Wellness Center with on-duty staff, group exercise programs, and SilverSneakers® classes. We are dedicated to social responsibility with efforts such as the Literacy Initiative, a completely free program that helps adults in our community learn to read and provides ESL tutoring. Learn more at www.davieymca.org and on [Facebook.com/DavieFamilyYMCA](https://www.facebook.com/DavieFamilyYMCA).