



DEPARTMENT OF AGRICULTURE AND COMMERCE
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COMMISSIONER

PRESS RELEASE

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Mississippi Farmers' Market Health Fair and Blood Drive

When and Where: 10:00 am – 2:00 pm
Thursday, July 27, 2006
Mississippi Farmers' Market located at 929 High Street

The Mississippi Department of Agriculture and Commerce will host its second annual Mississippi Farmers' Market Health Fair and Blood Drive. The Health Fair will be held on Thursday, July 27, 2006, at the Mississippi Farmers' Market from 10:00 a.m. until 2:00 p.m. The Mississippi Blood Services Donor Coach will be on sight for those interested in donating blood from 11:00 a.m. until 1:30 p.m. A variety of organizations will be present offering a plethora of educational material to include general, senior, and women's health. Free health screenings will also be available. A local chef will demonstrate how to prepare a healthy cuisine using produce currently available in the market. There will also be kids activities and live entertainment for all to enjoy. Blood donors will receive a free t-shirt.

A diet that is rich in the vitamins and minerals found in fruits and vegetables will reduce health problems and minimize health risks. Stopping by the Mississippi Farmers' Market for health information, screenings, and fresh, nutritious produce will allow every Mississippian the opportunity to start a healthy lifestyle.