

## Health Screening Camp at Grace

On the last Saturday of April, a group of volunteers from the Greater Hartford Sathya Sai Center came to Grace Lutheran Church for a free health screening for the neighborhood and beyond. This was especially significant because they partnered with Wheeler Clinic across the street.

Grace Lutheran was able to provide the venue as their community room is used every Friday evening to host a free dinner for neighbors in need of food, friendship or both. They were also able to provide the connection to a difficult to reach but underserved population.

Wheeler Clinic is a very valuable partner in providing support and expertise in addressing the needs of those without regular medical care. While they offer a wide variety of excellent medical services,

not everyone who needs them is aware of what is available and why it is important. Also, since they are not open on Saturdays, this was a chance to reach those for whom weekdays are difficult.

The Greater Hartford Sathya Sai Center is a spiritual group, a part of the International Sathya Sai Organization that is dedicated to spiritual progress through service, especially to those in most need. Their motto is "Love All, Serve All" More than 50 of their volunteers, many doctors in a variety of specialties, were there to provide health services that included blood pressure, glucose testing, BMI, dental exam, pediatric, nutrition and even yoga counseling.

A number of those who came for the screening felt it was very valuable, especially the yoga. Stress is a health issue that affects us all, but can be even greater for those in unstable living conditions. Finding a way to lessen it without medications or side effects can be really valuable.

Nutrition was another valuable station, and the free samples along with the information about sugar content of various processed foods and beverages was well received.

Most everyone agrees it was a success and should be repeated again sometime soon.

For photos of the event go to: <https://photos.app.goo.gl/qpCT3JaHE2KSyugM9>

