



FOR IMMEDIATE RELEASE

UMC to Join in NBC4 Health and Fitness Expo, One of the Largest Health Events in the Nation

December 27, 2016 – Washington, D.C. – United Medical Center plans to be a major participant in the 2017 NBC4 Health and Fitness Expo held at the Walter E. Washington Convention Center, 801 Mount Vernon Place, N.W., Saturday and Sunday, Jan. 7 and 8, from 9 a.m. to 5 p.m.

The NBC4 Health and Fitness Expo is held each January and attracts about 80,000 visitors during the two-day event. The Health Fair provides free health screenings, fun activities and information on products and services that relate to healthy living. There is a Healthy Cooking Stage, a Healthy Kids Stage and a variety of workout presentations. New events for this year include a Healthy Book Festival featuring former Olympian and best-selling author Suzy Favor Hamilton, a Yoga Stage with plenty of practice space and instruction and the Changing Minds Pavilion with a focus on mental health and behavioral wellness practices.

United Medical Center will join in this health fair by having a large exhibit in the middle of the Expo, where UMC medical staff will provide free health screenings for hepatitis C, HIV, diabetes, lung cancer and high blood pressure.

Additionally, UMC will have informational presentations on a variety of healthy living topics, including: primary care, hypertension, diabetes, hepatitis C and sleep disorders. The Veggie Chest's Dr. Ruby Lathon will present several demonstrations on how to prepare healthy food alternatives. There will also be several presentations featuring UMC, which will help visitors get to know more about the hospital.

UMC physicians, nurses and other health professionals will be on hand to answer health care questions from people who visit the exhibit.

UMC's exhibit booth number is 1544.

"We are thrilled to be involved in one of the largest health and fitness events in the country," says Charletta Washington, chief operating officer at UMC. "This event is a great opportunity for UMC to showcase its many healthcare capabilities. This is but one more opportunity for UMC to show the community that UMC is a vital institution that provides quality health care to Washingtonians who need and want to lead healthy lives."

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About United Medical Center: United Medical Center, an acute care hospital, offers community-based professional healthcare services to the residents of Ward 7, Ward 8 and bordering southern Prince George's County communities. The hospital has hired new physicians including primary care doctors, cardiologists, urologists and other specialists. The



hospital also continues to enhance the technologies that are used to help diagnose and treat illnesses. United Medical Center was the first hospital in the mid-Atlantic region to offer Microdose, a diagnostic device that provides the lowest dose of radiation for mammograms. For more information about United Medical Center, visit www.united-medicalcenter.com. Facebook: UnitedMedicalCenterDC. Twitter: @UMC_DC

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