

## **Free Health Fair Aimed at Children and Teens**

### *Rapping Dentist to Help Spread Message about Regular Checkups*

**MEMPHIS, Tenn.** — Children and teens are invited to attend a free health fair at LeBonheur Hospital on Saturday, March 21, from 10 a.m. to 2 p.m.

Sponsored by Volunteer State Health Plan (VSHP), the “Health Matters for Children and Teens” fair focuses on making better health care choices. The fair will offer exhibits to help educate children about the benefits of leading a healthy and active lifestyle.

Free dental, vision, Sickle Cell and immunizations screenings will be offered. There will also be free physicals and body mass index calculations. Representatives from community organizations and health facilities will answer questions and offer consultation.

“It is important that children receive preventive screenings as well as education about their health,” said Sheila Keith, manager of disease management and outreach for VSHP. “Not only are these screenings and information essential to identifying problems early, but also in preventing illness.”

Dr. Marrio Thomas, DDS, also known as the Rapping Dentist, will provide entertainment with his kid-friendly rap songs. Thomas has garnered a large following on YouTube with his hit music video “Call Big Doc.” Most of his songs are about the importance of good dental hygiene.

Door prizes will be available including the chance to win a Nintendo Wii game system.

#### **About Volunteer State Health Plan (VSHP)**

Volunteer State Health Plan is a wholly-owned subsidiary of BlueCross BlueShield of Tennessee. Founded in 1993, the Chattanooga-based company focuses on managing care and providing quality health care products, services, and information for government programs. VSHP currently serves more than 500,000 members.

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