

North Raleigh Health Fair

Ladies Philoptochos Society of Holy Trinity Greek Orthodox Church Raleigh, NC



At a time when we were fasting and in prayer to the All-Holy and Blessed Theotokos for the health of our families and friends, and with much anticipation of the Feast Day of the Dormition, The Ladies Philoptochos Society of Holy Trinity Raleigh wanted to sponsor a health fair. This was the beginning of the “North Raleigh Health Fair” for the health and well-being of our spiritual community as well as the surrounding community at large.

The event was held at Holy Trinity Greek Orthodox Church on Saturday, August 13, 2011 from 10:00am – 2:00pm and was attended by well over 200 people. We had a

tremendous outpouring of support from over 30 local businesses, several of which came from our own parish family.

People in attendance were treated to various health screenings, even one featured on Dr. Oz which measures a person’s level of antibodies. There were 5 different businesses offering various massage therapies and yes, even belly dancing

lessons for a cardio workout – definitely something was there for everybody.



Classrooms were used for the “North Raleigh Lecture Series” where 15 different topics of discussion were presented as informative breakout sessions. This presented an opportunity for attendees to learn more about some of the different health topics presented and to interact with the health professionals by asking questions and participating in some hands-on learning.

For those who missed the VERY successful event, mark your calendar for next year, Saturday, August 11, 2012.