

“It is not how much you do, but how much love you put in the doing.”

The free health fair organized by the Mid-Central region-4 of the Sathya Sai Baba Organization of America at Grace Hill Souldard Benton Health Center, St. Louis on Saturday, June 7, 2008 is an example of this. Even though the registrants were few, love was pouring in abundance everywhere.



The health fair was organized to provide free health screen & health education to the under privileged community, comprising predominantly of Latinos, African Americans and Vietnamese population in down town



St. Louis city. A total of fifty registrants benefitted from this service

The health screen & health education included blood Sugar Test, blood cholesterol check, blood pressure check, dental check, height & weight & BMI check, women’s health, including registration for free mammogram, children’s health, general health information and education on nutrition/ diet



advice.

The attendees had the opportunity to consult with physicians on the test results. The physicians allayed their fears, showed the alternate life style changes for good health and recommended follow up medical care as needed.

The families received Goody bags with nutritious food items. The children were given “goody bags’ with books, pencils, crayons and healthy snacks.



The health care team consisted of ten physicians, one dentist, two nurses, two nutritionists, fifteen interpreters and fifteen volunteers. Under the banner of Sathya Sai Baba Organization of America, six nurses & a community outreach staff of Grace Hill Health Center participated with great enthusiasm. A representative of BJC hospital was there to register women for free mammogram. A list of area resources including all free and sliding Scale Clinics were given to the attendees.



A video on “His Work” describing Bhagawan Sri Sathya Sai Baba’s service projects to humanity in the

fields of Education, Health Care & drinking water supply was displayed to all attendees at the special Booth on Health & Human



Values.

Distinguished guests included Phyllis Young, local Alderman and Mr. Lewis Reed, President of Board of Alderman, of St. Louis City.

The mother of two children was thankful, when her sick child was guided by the volunteer to the health center's physician for immediate care and treatment of her "fever".



It was fulfilling to the heart to hear a breast cancer survivor thanking us that her breast cancer was diagnosed & treated in 2005 after she attended our free medical camp at "our Lady of Guadalupe Church" in 2005. The women showed great interest to learn about how best to take care of their health in order to take care of their family.



A poor African American woman without health insurance walked to the medical camp to check her health status. When the women's health issues were explained to her, with despair she stated that she has no insurance to pay for the health care. There was a bitter smile on her face and her voice betrayed the sadness in her heart.

The health care team was taken by surprise to receive a proclamation from the Mayor of St. Louis, the honorable Mr. Francis G. Slay on that day declaring June 7, 2008 as "St. Louis Free Medical Camp Day"



"God is the embodiment of compassion. He watches for a grain of goodness or humility so that He can reward it with tons of grace. Deserve the grace of God by helping the weak and the poor, the diseased and the downtrodden."

"Service to Man is Service to God! "