



Cosby Conducts a Symphony of Cooperation

By Maryjo Faith Morgan

For 9 remarkable days in April, at 177 sites across Colorado, Wyoming and Nebraska, over 95,000 individuals will attend the 9 Health Fair. New this year, Cardio Risk Assessments (CRAs) will be offered in addition to the trademark blood chemistry analysis and these screenings: colon cancer, blood pressure, blood count, body in balance, bone density, body mass index, breast, finger stick glucose, foot, hearing, lung function, stress/life balance, oral, pap smear, pharmacy, prostate/digital rectal exam, skin, skin fold measurement, and vision.

What does it take to orchestrate an event of this dimension? A superior aptitude in collaboration! Anne Cosby, president and CEO of 9 Health Fair, buys into the philosophy of surrounding yourself with smart, capable people. "I am an orchestra leader. Our public relations and marketing teams might be the percussion section, operations and money management teams ~ the woodwinds. If I didn't have talented individuals to conduct, there would be no music."

Anne credits her committed team of highly specialized, competent individuals. "They run their own departments well; there is a high level of trust here. They make this program happen." Responsible for overseeing all phases of administration, fundraising, development, financial accountability, program development

and growth, Anne considers it her privilege to have her job and to serve all the people she works with day in and day out.

The 9 Health Fair program has enabled free and low-cost health awareness education and screening services to over 1.6 million people since the inception of 9 Health Fair in 1980. In 1987, under the name Nine Health Services, Inc., 9Health Fair became a 501(c)(3) non-profit organization. Utilizing an average of 18,000 volunteers yearly, they deliver screenings and education through classroom and corporate fairs, too. She mentions their phenomenal partnership with 9 News. "9 News puts an enormous amount of energy, money and effort behind those programs they started. I don't think people realize how dedicated and involved in the community these people are." Ann compares their separate yet allied association with 9 News to being married but living in separate houses, with separate bank accounts and resources. "We raise all of our own money, but they do lend us the brand recognition."

According to Anne, there is a synergy ~ of committed sponsors, volunteers, and participants ~ of endorsements by the Colorado Medical Society and the Colorado Nurses Association ~ and support from the Colorado Health and Hospital Association that pulls it all together. "It's all about relationships."



Everything I do as a leader of 9 Health Fair is about relationships. It is a privilege to form these relationships for 9 Health Fair." Truly a maestro at harmonizing people and tasks, Anne concedes, "It is exciting to have the opportunity to bring all these different players together." An accomplished professional with extensive background in non-profits, she holds degrees in both psychology and education, and is passionate about her mission for 9 Health Fair.

There are numerous success stories due to early detection and treatment. Typically about ten percent of participants receive alert value calls each year to suggest further testing based on screening results. A follow up post card urges the participant to seek medical attention if they received any results outside the normal range. 9 Health Fair and the services it offers is not a replacement for the relationship between doctor and patient. An often repeated motto is, "Know your numbers" (i.e. BP, HDL, CDL, weight). It is all part of being proactive about your own well being.

Anne sums up her perspective, "You just cannot take your own good health for granted. You have to pay attention and make lifestyle choices and decisions for yourself. Nobody cares more for your health than you."

After meeting Ann Cosby and her team, Maryjo Faith Morgan, a local freelance writer, is committed to "knowing her numbers." She can be reached at www.maryjofaithmorgan.com.

What YOU can do:

Mark your calendar: **April 22-30, 2006 - 27th Annual 9 Health Fair**

GO to the 9 Health Fair for screenings!

Find the site nearest you online; go to www.9healthfair.org and click on "Find a Fair."

To volunteer, call toll free (800) 332-3078 or log onto the website, and click on the top link.

Donate your vehicle to 9Health Fair. Call Cars Helping Charities at 303-423-2277. For details go to www.carshelpingcharities.com, "Choose A Non-Profit," then click "Disease research, prevention and awareness;" and "9 Health Fair."

Buy a new car through the Donation Dealer Program at The Import Warehouse; they'll donate 1% of the selling price to 9Health Fair. Go to: www.theimportwarehouse.com and click "Charity Partners."

Call toll free (800) 332-3078 or (303) 698-4455 and supply specific "wish list" items still needed, i.e. snacks, paper products, cleaning supplies, beverages, food stuffs, office supplies, tires for vehicles, and all sorts of miscellaneous.

Send donations to: Nine Health Services, Inc., 1139 Delaware Street, Denver, Colorado 80204-3607. E-mail: 9hf@9healthfair.org Website contact form: <http://www.9healthfair.org/contact.htm>

9Health Fair is a 501(c)(3) non-profit, community-based program dedicated to providing health awareness in the Colorado community.