

Jackson County Department of Public Health

Melissa McKnight
Deputy Health Director
828-587-8288

2018-18
FOR IMMEDIATE RELEASE
March 9, 2018

HEALTHY LIVING FESTIVAL SCHEDULED FOR MARCH 24TH

The 9th Annual Healthy Living Festival is scheduled for Saturday, March 24th from 9 AM to 12 PM at the Cullowhee Rec Center. This year's Festival includes approximately 50 vendors who will provide information to encourage participants to live well and be healthy. A variety of free health screenings, wellness information, interactive booths, giveaways, and door prizes will be available. The Festival is a free event open to the public.

This year, Festival participants will notice an increase in children's activities. Blue Ridge Health will be offering free pediatric vision and hearing screenings, and children will have opportunities to engage in physical activity. A large inflatable will be on site, as well as interactive booths hosted by WCU Parks and Recreation Management students promoting outdoor games like bocce and gaga ball, corn hole, disc golf, kan jam, and more.

Safe Kids Jackson County will be partnering with community agencies to host a medicine drop event. Participants can bring their unused, expired, or unwanted medications for safe and anonymous disposal. Doing so helps protect our children, community, and environment. Western Carolina Digestive Consultants will be hosting the 12 foot long interactive Strollin' Colon exhibit, informing the public and answering questions about digestive and colon health.

Many exhibitors will be present at the Festival, representing all different aspects of health. County agencies such as the Department on Aging, Public Health, Parks and Recreation, and Area Agency on Aging will be present. Organizations from Western Carolina University will also be present, including the Nutrition and Dietetics Program, Physical Therapy Program, Communication Sciences and Disorder, School of Nursing, and more. Other organizations and agencies such as the ECU Dental Clinic, Harris Regional Hospital, Highlands-Cashiers Hospital, NC Highway Patrol, Wilson Family Chiropractic, and many more will be on site. Additionally, free screenings will be available at the Festival too—height, weight, body mass index, glucose, cholesterol, A1C, Hepatitis C, HIV, syphilis, oral cancer, and balance screenings. Screenings are available on a first come, first serve basis.

Thank you to all of the partners that make this event possible—Healthy for Life Action Team, Jackson County Department of Public Health, Jackson County Rec Center, Great Smokies Health Foundation, and more. For more information on the Festival, visit the website www.healthylivingfestival.weebly.com or call Janelle Messer at (828) 587-8238.

###