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Home / News

http://www.bgdailynews.com/news/expo-to-provide-wealth-of-health-wellness-information/article_294057c8-ebe7-5fe4-a8fe-b5f517e1b2dd.html

Expo to provide wealth of health, wellness information

By JACKSON FRENCH jfrench@bgdailynews.com 14 min ago

The 20th annual Health and Wellness Expo on Saturday will provide a range of resources for people looking to improve their health, organizers say.

The expo, which is from 8 a.m. to noon at Sloan Convention Center, is free to the public and includes demonstrations, screenings and health information, according to Sarah Widener, director of health and wellness for Med Center Health, which co-sponsors the event with WBKO-TV.

“We have tons of presentations and screenings to help them gain the knowledge they need to take care of themselves,” she said.

The expo will feature more than 70 vendors providing information, as well as a variety of screenings, including EKG, bone density, kidney and vision screenings, Widener said.

Additionally, there will be demonstrations of activities such as cooking, yoga and martial arts every 30 minutes, she said.

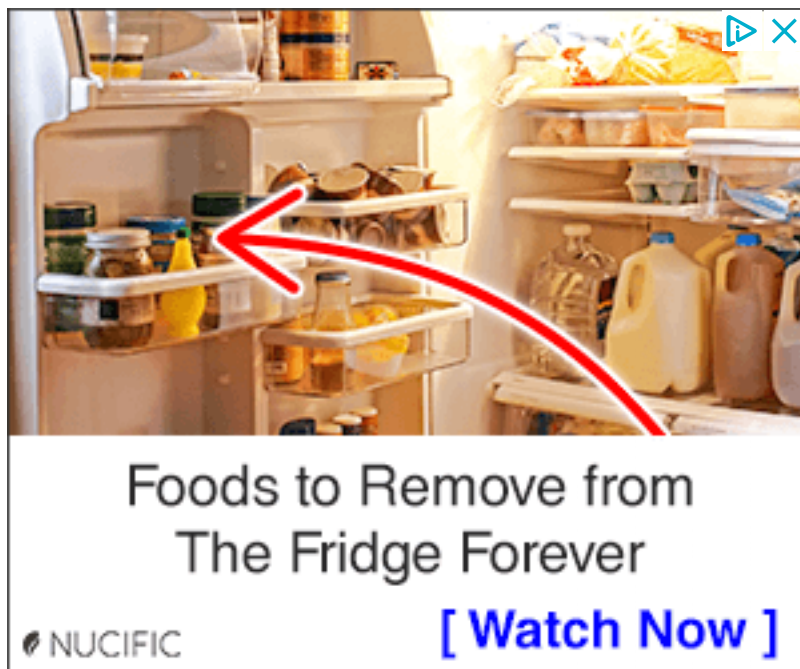
“We like to be a resource for the community,” she said. “We want to keep people healthy.”

The event typically attracts a wide range of people, including those who are uninsured or underinsured or who don’t visit a physician regularly, Widener said.

“I think it’ll bring a little bit of everybody,” she said.

Med Center Health schedules the expo in the early part of the year because that’s when people tend to be more focused on their health, often after making New Year’s resolutions, according to Doris Thomas, vice president of Med Center Health’s development and community outreach.

“We just want to provide people with the tools to help them along,” she said.



Roughly 2,000 people attend the event each year, Thomas said.

“Typically, they’re lined up early in the morning before 8,” she said.

Western Kentucky University’s Institute for Rural Health will be at the expo with roughly 100 flu shots and 10 pneumonia shots, according to Matt Hunt, the institute’s director.

“This year, we’re sort of piloting providing pneumonia shots in rural Kentucky,” he said.

The expo has been a boon for the Institute for Rural Health because it allows it to reach out to people in outlying counties, he said.

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