



HERALD photo/Amanda Moreno

Dorothy Garret Coliseum was full of folks touting a healthy lifestyle Saturday morning as the annual Big Spring Area Chamber of Commerce 2011 Health Fair was held.

Health Fair has something for everyone

By **AMANDA MORENO**

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From general information to blood pressure checks, the 2011 Health Fair had something for everyone Saturday.

“We are out here because of the interaction with people,” Sheila Crockett, area manager of Encompass Home Health, said. “There are lots of people who don’t know about the help that is out there and this is one way we can get it out to them.”

Encompass was one of the many businesses and organizations manning booths at the health fair, held at Dorothy Garret Coliseum. Certain

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businesses, such as Compass Hospice, have been attending the health fair for more than 10 years and other businesses were introducing new programs to the area.

“We are just kicking off our program, Safe Sitter,” Yvette Woody, risk manager/infection preventionist nurse said. “I have seen it in other communities and thought it was a good fit for ours.”

Safe Sitter is a program aimed at teaching adolescents how to properly handle babysitting responsibilities. The program focuses not only on life-saving skills, but nurturing behavior as well.

Scenic Mountain is also working on bringing more involvement from Safe Kids San Angelo, a program on child safety.

“Scenic Mountain brought us out here in hopes of preventing needless injuries,” said Catie Wiedenhofer, coordinator for Safe Kids Coalition. “You have a hospital that wants to stop the needless injuries and bring safety education to the community.”

Safe Kids focuses on the new child passenger safety regulations, hypothermia and safety equipment for bicycle and water activities.

“Approximately four children a day are killed in accidents,” Wiedenhofer said. “Accidents are the No. 1 killer of children between the ages of 1 and 14 years

old.”

Regulations require children to be in a booster seat until they are 4’9” and always seated in the back seat. Rear-facing safety seats are now being required until the age of 2 years old. One of the ways that Safe Kids helps parents get educated about safety seats is by holding safety checks.

“We have certified technicians who check the seats the children are in and if they are not in the proper or safe seat, then they will be provided one free of charge, when they attend these events,” Wiedenhofer said. “We want

to do everything we can to protect our most precious commodity, the children.”

Child safety wasn’t the only issue at the health fair though; adult protective services were also on hand, as well as Lamun-Lusk-Sanchez.

“We are just trying to promote the veterans home and the veterans cemetery,” Bill Allen, director of administration and marketing, said. “The turnout has been more than we expected, but that’s good and helps us get the word out.”

Those attending were also able to get their blood pressure checked,

receive massages and find educational information on numerous areas of the healthy living.

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