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Health & Fitness Fair features flu shots, r Dc

BY GREG OLIVER
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CENTRAL — Despite the rain, more than 250 individuals from Pickens, Oconee and Anderson counties were on hand Wednesday to collect brochures, meet health care professionals and participate in screenings at the 10th annual Pickens County Health and Fitness Fair.

"With the weather, I didn't expect as many people to come," said Christy Lowe, wellness coordinator at Cannon Memorial Hospital in Pickens. "But it's been very steady."

Lowe said at least 40 health care professionals were on hand — including physical therapists, representatives from the Alzheimer's Association, Home Health Agency and Behavioral Health Services.

"We've also administered a lot of flu shots, and everyone seems to be eyeing the chair massages," Lowe said. "We have several organizations conducting chair massages, so a lot more people are able to get a chair massage after they receive a flu shot."

Among the screenings available at the health fair were blood pressure, bone density for females, flexibility and strength training and mobile eye screening. The Salem Lions Club again was on hand to conduct the eye screening — something they do approximately 100 times a year at health fairs, schools, industrial plants and hospitals.

"A lot of people don't realize how bad their vision is," said Jim Jacques, a member of the club. "The eye pressure check is also important because it's a silent disease and you'll eventually go blind. But it's treatable."

Deana Palmieri, of Upstate Cardiology, attending her first Pickens County Health and Fitness Fair, spent time distributing brochures on heart health and a heart disease risk assessment form to attendees.

"It doesn't matter how athletic or healthy you are, you need to have your cholesterol and blood pressure checked and see your family doctor," Palmieri said, adding that family history is a key contributing factor of many heart-related issues.

Lowe said the event has become extremely popular since some of the screenings are free of charge as well as the variety of health care specialists who are able to answer questions.

"This is a very good community service," Lowe said.

Brenda Nolen, a former Simpsonville resident who moved to Central two weeks ago and was attending her inaugural Pickens County Health and Fitness Fair, agrees.

"There's a lot of very good information for older folks, the senior adults," Nolen said, adding, "I've been able to get brochures and contacts for new doctors."



JESSICA NELMS | STAFF

Cannon Memorial Hospital Wellness Assistant Joyce Kelley goes over test results with Edward Davis during the 10th annual Pickens County Health and Fitness Fair held Wednesday morning at the Central-Clemson Indoor Rec Center.