

Dennis Barbour
Mayor

Joel Macon
Councilman

Jack L. Lynch
Councilman



Pat Efird
Mayor Pro Tem

Gary Doetsch
Councilman

Calvin R. Peck, Jr.
Town Manager

TOWN OF CAROLINA BEACH
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News Release

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Photo Opportunities

CAROLINA BEACH to HOST 3rd ANNUAL EMPLOYEE/COMMUNITY HEALTH FAIR OCT. 7TH

CAROLINA BEACH, NC---- The Town of Carolina Beach Employee Wellness Committee will host the third annual Employee and Community Health Fair on Thursday, October 7, 2004, from 4 p.m. until 6:30 p.m. at the Carolina Beach Recreation Center located at 1121-B N. Lake Park Boulevard (directly behind the Municipal Complex). As always, the Carolina Beach Health Fair is free of charge and open to the public.

Carolina Beach residents and visitors are invited to take advantage of numerous health screenings, exhibits, demonstrations and door prizes that will be available. All are designed to increase public awareness of the benefits of healthy living. Also, people can stop by for free screenings for blood pressure, hearing, glaucoma, hemoglobin, bone density and blood sugar. Information tables and knowledgeable staff from various health organizations will be on hand to provide updates on a variety of health-related topics including: exercise, drug/tobacco prevention, fire and boat safety, pet therapy, nutrition arthritis, horticultural therapy, sun safety and hydration needs, mental health and more. This year's health fair will also feature demonstrations on the latest fitness trends including Pilates/Yoga, Tai Chi and Weight Training.

Children are welcome to attend the Health Fair which will offer special activities and events designed specifically for them. Winners of the Carolina Beach Elementary School Wellness Poster Contest will be announced and awards will be presented. Students from the school's fourth and fifth grades participated in the contest. Additionally, a magician with animal balloon tricks is coming. Children will also enjoy fresh fruit smoothies and other healthy treats that will be available.

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CB HEALTH FAIR

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The Health Fair is a public service project sponsored by the Town of Carolina Beach's Wellness Committee and has been a great success in recent years. Approximately 400 people attended the 2003 event and even more people are expected to attend this year. This grant-funded initiative is part of a comprehensive town wellness program that also includes monthly health programs for town employees and other health-related workshops and activities. The North Carolina League of Municipalities awards the town a \$1,750 grant annually and the Health Fair comes from those funds. The Health Fair is also partially funded by the general fund of the town's budget.

For more information about the Town of Carolina Beach Community Health Fair, please contact either Lynn Prusa at (910) 458-2992 or Debbie McCabe at (910) 458-2536.

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