

Wellness Day emphasizes sound practices

By ASHLIE BARNES and
LESLIE LANE

The twelfth annual Wellness Day was held at Wayne Community College from 10:00 a.m. to 1:00 p.m. in the Wayne Learning Center on Friday, March 31.

According to Carolyn Howell, occupational health nurse with Wayne Memorial Hospital, about 250 people participated in the event.

Howell planned the event with members of the Wellness Committee composed of WCC staff Joy Ginn, Personnel; Marie Lewis, Student Development; Dori Fraser, Recruitment specialist; Sharon Price, College transfer counselor; and Jerrie Stanley, Executive Secretary.

A minigrant from the Foundation of WCC and funds from the Wellness Program at WCC provided for contracts with representatives at 19 booths who offered information, brochures, sample products, free massages, and advice.

Nurses from Wayne Memorial Hospital conducted screenings for the following: body composition analysis, diabetes, cholesterol, blood pressure, vision/glaucoma, and hearing.

Other professionals screened for skin cancer and dental problems. A representative from the state association for Sickle Cell Disease distributed information.

About 164 participants registered for door prizes which included free week-long passes to the Family Y, clothing and free passes from Gold's Gym, clothing from the Bookstore at WCC, coffee mugs from Wayne Memorial Hospital, and first aid kits.

Businesses, groups, and individuals who provided services included Dr. Jeff Ross, Democko Chiropractic; Dr. Keith Bouchard, massage therapist, NC School of Healing Arts; Lynn Fulghum, dental hygienist, Wayne County Public Schools; Robbie Beasley, dietician, Wayne Memorial Hospital; and Carrie Hinton, nursing eye care consultant, NC Department of Health and Human Services.

Also, Bill Sorrells, Goldsboro Physical Therapy; the Wayne County Health Department, Susan Henshaw, Health Habit; Ron Harris, Drug Awareness Unit from Seymour Johnson AFB; and Dr. John Haverkamp, Wayne Dermatology and Cosmetic Surgery, PA.



Unidentified WCC student inquires about nutrition at the Wayne Memorial Hospital booth.
PHOTO: LESLIE LANE

Also, Valerie Siggelkow, Eastern Associates Speech and Language Services; and nurses from the Wayne Memorial Hospital Health Promotion Services staff: Donna Edmundson, Retha Ginn, Pam Anderson, Leslie Ricker, Debbie Hennessee, Cindy Thigpen, Dianne Phipps, and Robin Potter, office manager.

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