The Wellness Factor
A Health and Wellness Fair was held at Newark High School May 24th. Nicole Reinholtz, NHS Prevention Counselor, planned the event to promote Prevention Awareness Month. Held in the large group instruction room at NHS from 8 a.m. until 11 a.m., it featured several area agencies including: The Council on Alcoholism, Wayne County Public Health, Victim’s Resource Center; Wayne County Substance Abuse/Wayne Behavioral Health Network, Cornell Cooperative Extension, Catholic Charities, Refuel Fitness, Department of Aging and Youth, The Healing Connection, Reality Check, Fidelis, Wayne County Sheriff’s Department, Head Start/Early Start Program, American Lung Association, Roosevelt Children’s Center; Literacy Volunteers and Newark Youth Center.
“It was a great turn out,” Reinholtz said. “Students from the high school, as well as some Newark Middle School health classes attended. They were able to make connections with local agencies and learn more about the services available to them. Agency representatives were excited about the number of students they were able to connect with and were appreciative of the invitation. Several mentioned they will definitely participate again next year. Students left the fair with a wealth of information concerning such things as nutrition and the benefits of incorporating protein in their diet; the effects of tobacco use; the dangers and consequences of drinking/drugged driving; the health consequences of sugar-based beverages and afterschool program opportunities.”