

Second Annual Wellness of Chatham Health Festival

By Megan Huber

The adage “an ounce of prevention is worth a pound of cure” is especially true when applied to one’s health. But each year, millions of Americans continue to select unhealthy lifestyle choices, allowing preventable diseases to end hundreds of thousands of lives every single day. An astounding 95 percent of all hospitalizations are lifestyle induced! Yep, that’s right – with a little bit of daily exercise, good nutrition and proper supplementation you can completely change the state of your health! It’s really that easy.

Enter Wellness of Chatham. The focus of this organization is to provide a dynamic forum to inform the public about local wellness practitioners and health information and to connect those in the wellness field with one another for the purpose of sharing and collaborating. Wellness of Chatham meets weekly in local Chatham County venues and provides speakers at each meeting. It was developed in 2011 by Traci Philips, a Professional Wellness Consultant.

The Chatham County Wellness of Chatham organization is hosting the 2nd Annual Wellness of Chatham Health Festival on Saturday, May 18 from 11 a.m. to 2 p.m. This event will be held at the Powell Place



**SATURDAY, MAY 18
11 A.M. – 2 P.M.
POWELL PLACE
PITTSBORO**

Sub-Division Park in Pittsboro. The purpose of the Festival is to educate the public in and around Chatham County on topics, issues, practitioners, services, and products available locally that promote wellness; defined as alternative forms of health care.

Various organizations and businesses will showcase their service, product and/or knowledge at this event by providing educational information and health awareness activities to all participants, both young and old. All vendors are wellness oriented, offering an alternative and educational approach to promoting better living and healthier lifestyles. Some example categories of vendors include but are not limited to Organic Farming/Community Gardening, Alternative Health Practitioners like massage therapists,

acupuncturists and herbologists, Healthy Restaurants, Fitness Coaches/Practitioners, yoga instructors as well as Wellness Groups/Organizations. This year we are pleased to announce that the Rex Mammography Van will be a participant of the festival!

Each participant at the fair will receive educational materials that will be distributed by vendors. All vendors will also incorporate an activity that participants can engage in during the fair that showcases what they do and/or offer in order to provide a learning experience for event participants. Activities will be age appropriate, so children and adults of all ages are welcome and encouraged to attend!

We want to thank our sponsors who are supporting our efforts to make this incredible event happen: Fleet Feet of Carrboro, Southern Village Acupuncture and Herbology, Occupy Health and Wellness NC, Norm’s Farm–Elderberry Life, Joy of Movement and Chatham YMCA.

If you are interested in joining the Health Fair as a vendor, sponsor or volunteer please send all inquiries to Traci Philips at bwel@infocusstudios.com.

Megan Huber is a Certified Professional Success and Lifestyle Coach serving women entrepreneurs globally.

Earth Day celebration focuses on sustainable health

Sustainable health — for people and the environment — is the focus as Central Carolina Community College hosts its 2013 Earth Day Celebration: “Healthy Planet, Healthy Bodies, Healthy Minds” **Saturday, April 13**, at the college’s Chatham County Campus.

“We have so much to celebrate on our campus, said Laura Lauffer, CCCC Sustainability coordinator/Sustainability Technologies lead instructor. “We have a great disc golf course, a new student-built house, innovative student projects, a great farm, and – to top it off – health professionals to help us keep our bodies in shape to enjoy the great outdoors. We invite all ages to learn something new about the planet and how CCCC programs can serve your interests. Bring mom, dad, grandpa, the kids and even your pets for a fun day on the Chatham Campus.”

The “Healthy Bodies-Healthy Minds” fun starts at 8 a.m. with a Rabbit Run 5K

and Children’s Fun Run sponsored by the CCCC Foundation and community supporters. For more information, visit www.cccc.edu/RabbitRun5K. The race starts and ends at the campus, 64 West St., Pittsboro. Earth Day activities are free, except for the Rabbit Run 5K and Children’s Fun Run registration.

UNC Hospitals at Siler City, the Chatham Health Department and CCCC nursing students will provide a Health Fair, with health screenings and healthy living information, from 9 to 11 a.m. on the campus patio in front of the Sustainable Technology Center. In case of inclement weather, the Health Fair will be moved inside the Center.

The National Organ Donor Registry will be at the Health Fair to talk about the importance of the work it does and sign up those interested in potentially being organ donors. Nursing program students will share information about their programs.



The Chatham Cottage, built by Central Carolina Community College Sustainability Technologies students, is being completed in time for the college’s 2013 Earth Day Celebration, ‘Healthy Planet, Healthy Bodies, Healthy Minds’. The cottage is a small (16’ x 30’), affordable and energy efficient home.

put on a Disk Golf Tournament and Kids Showdown at the college’s Disc Golf Course.

In keeping with the “Healthy Planet” theme, a series of classes covering topics from environmental issues to healthy cooking will be

given from 9:30 to 11 a.m. The topics to be covered are: Energy Efficiency, Sustainable Agriculture, Green Home Design, From Farm to Table, Chatham Cottage Tour and Open House Green Building students constructed the cottage, located behind the Sustainable Technology Center.

The Earth Day’s “Healthy Planet” activities will include an Earth Fair: demonstrations of building worm bins, cold frames, composting, recycling and seed starting. Students for Sustainability will also demonstrate solar thermal and solar photovoltaic heating methods.

At 11 a.m., the college’s Student Farm at the Chatham County Campus will be open for tours. See how to start your own spring garden, build a hen house and start transplants. CCCC students will have transplants for sale.

Earth Day was started in the United States in 1970 by U.S. Sen. Gaylord Nelson in order to increase awareness and appreciation of the natural environment. Events are now held annually in nations all over the world. Earth Day falls on April 22 each year, but organizations hold their celebrations throughout the month of April.

For more information about health and sustainability programs at CCCC, visit www.cccc.edu.

— Katherine E. McDonald, CCCC

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