

Health Center Highlights

Blue Ridge Community Health Services Participates in "Be Active" Day



On Saturday, January 16, BRCHS participated in the annual "Be Active Day" sponsored by the Henderson County Childhood Obesity Prevention Demonstration Project. The day is devoted to encouraging children to learn how exercise can be fun and not always hard work. The county's rate of overweight children has been rising since 1995. Fortunately, it is decreasing in some age groups but there is still much work to be done. The event had a lot of fun activities ranging from hula hoop competitions to clogging demonstrations. There were several giveaways including a Nintendo Wii & Wii Fit which was raffled. Dr. Dowler, Dr. Duffey and Mariana Rodriguez helped with the event. They handed out goody bags that included jump ropes among other things to all the children that visited the booth. The BRCHS booth had jump roping, hula hoop and ring toss available to participating children.