

A HEALTHY LIFESTYLE MATTERS

Health & Wellness Fair (October 2015)



On Thursday, October 29, 2015 the Montgomery County Correction Facility (MCCF) in partnership with WorkSource Montgomery's American Job Center and the MCCF Medical unit the hosted its first Health & Wellness Fair.

The goal of the fair was to:

- Introduce participants to health and wellness resources in the local area (information providers, associations, health services, etc.) and
- Motivate participants to make lifestyle changes that will improve their health through preventative practices.

Nine vendors participated in this successful event and one vendor said, "It felt good being able to encourage and educate those who are going home soon. This was a humbling experience. We would love to participate in more activities in the future." Health and Wellness providers who participated in this event included:

- Adventist Healthcare
- Family Services Inc.
- Heart to Hand
- Holy Cross Hospital
- Montgomery County DHHS (Cancer Control)
- Montgomery County DHHS (Dental Clinic)
- Montgomery County DHHS (Women's Cancer Control)
- NAMI
- Primary Care Coalition

Dr. Ulder Tillman, Montgomery County Department of Health & Human Services Health Officer was in attendance and encouraged the participants to make sure to utilize the resources upon release. Director Robert Green and Anthony Sturgess, Medical Unit Manager were also on hand to motivate the participants.

Speakers included Coach Alisa Smedley, MCCF AJC Program Coordinator who came from a personal perspective on health and the family and Ms. Denise Dixon, HIV Unit Coordinator/Outreach Specialist who spoke about sexual health.

Comments from the participants were as follows:

- “It’s good to know people care about us even though we made bad choices and decision. There are still good people in the world.”
- “I felt this event was well needed and I enjoyed it.”
- “Great event. I liked the variety of exhibitors. Did not know of most of the services before attending.”

Overall, the fair was a great success for both the vendors and the inmate participants. The MCCF AJC hosts an annual fair each year with a different theme.

