



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

Media Release

For Immediate Release

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Public Health Hosts Free Health and Wellness Event

October 21, 2013 Watertown, NY– The Jefferson County Public Health Service (JCPHS) will be celebrating 60 years of providing quality care to the residents of Jefferson County by hosting an Open House on Thursday, October 24th. The authorization of public health in Jefferson County was motioned by Supervisor Leslie E. Daniels of the Town of Lyme and authorized by the Board of Supervisors on November 13, 1952. Nine nurses began in January of 1953. The Open House will feature history of local events in public health as well as the nation's. Each unit at public health will also have displays.

The JCPHS invites all residents to participate in the free health and wellness event at 531 Meade Street, Watertown, NY. The day will begin at 9:30am with opening remarks from dignitaries. From 10am to 2pm there will be health screenings, health and wellness presentations, booths on health and wellness topics and giveaways. There will also be a door prize of a Fit Bit Flex to one lucky winner.

The following providers and organizations will be providing screenings:

- River Hospital-blood sugar screening and diabetes education
- Hart Hearing Center- hearing screening
- Hands of Ki (Sandra Smith)-Reiki
- Maxon Chiropractic - spinal-pelvic stabilization screening
- Association for the Blind- vision screening
- North Country Family Health Center- dental screening
- Cancer Services Program-screening kits for those who qualify
- Marra's Home Care-pulse oximetry
- JCPHS-blood pressure screening

Sixteen booths of organizations and businesses will provide information about health and wellness to attendees. Additionally, there will be educational presentations throughout the day on the following topics: "The Benefits of Reiki"; "Change Today for a Healthier Tomorrow.....Are you at Risk for Type II Diabetes?"; "Hearing and Hearing Loss: Fact and Fiction"; "NY State of Health Marketplace – Navigation: Changes and Challenges"; "Quick Tips to Weight Management"; "Lyme Disease: Little Tick, Big Concern"; "Stress Management Through Laughter: It's no Joke"; "Get a Grip, Don't Trip".

For an up to date list of vendors go to www.jcphs.org.

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