



Jackson County Department of Public Health

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Free Wellness Program for Jackson County Residents

Elevate 828 is a FREE community-wide wellness program available to all residents of Jackson County 18 years or older. The program is completely free and offers two FREE health assessments, including a total cholesterol and glucose panel, blood pressure check, body composition assessment, health risk questionnaire, and a free health coaching session. You must attend the in-person screening on Tuesday, October 25th from 2 – 6 PM at the Jackson County Public Library to register for the program. Other than the screenings, the program is 100% online and offers education as well as challenges to promote nutrition, physical activity, and stress management for a 6-month duration running November – April. Elevate 828 is a collaborative between Jackson County Department of Public Health and Harris Regional Hospital through the Healthy for Life Action Team, and fully funded by a Great Smokies Health Foundation grant. The program is one-of-a-kind and proven to work. For more information, Janelle Messer at (828) 587-8238 or janellemesser@jacksonnc.org.



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