



Jackson County Department of Public Health

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FOR IMMEDIATE RELEASE
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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 an in-person screening (dates listed below) 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 October – March. Elevate 828 is a collaborative between Jackson County Department of Public Health and Harris Regional Hospital through the Healthy for Life Action Team. The program is one-of-a-kind and proven to work. For more information, visit @elevate828jacksoncounty on Facebook or contact Janelle Messer at (828) 587-8238.

Masks will be REQUIRED at in-person screenings. Community Screening Dates:

- Tuesday, August 24th at the Sylva Walmart from 10 AM to 2 PM
- Thursday, August 26th at the Cashiers Rec Center from 11 AM to 1 PM
- Monday, August 30th at the Qualla Fire Station from 11 AM to 1 PM
- Tuesday, August 31st at the Reid Gym on WCU's main campus from 10 AM to 2 PM
- Wednesday, September 1st at the SCC Balsam Center from 10 AM to 1 PM

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