



## 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 screening assessments, including a total cholesterol and glucose panel, blood pressure check, body composition assessment, health risk questionnaire, and a free health coaching session. By participating in one of the health screening events, participants will be entered to win prizes valuing \$50-\$250. To enroll in the program, you must attend one of the in-person screening, either on Tuesday, September 26<sup>th</sup> from 10:30 AM – 12 PM at WestBridge Vocational or Wednesday, September 27 from 10 AM- 1 PM at the Jackson County Public Library. Other than the health 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 the Healthy for Life Action Team, and funded by a Great Smokies Health Foundation grant. The program is one-of-a-kind and proven to work. For more information, Meagan Cagle at (828) 587-8280 or [meagancagle@jacksonnc.org](mailto:meagancagle@jacksonnc.org) or visit <http://health.jacksonnc.org/elevate828> .



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