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Community Invited to Annual Gardner-Webb Health Fair on March 4

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Office of University Communications

February 14, 2014

Over 30 Vendors Set to Participate in Healthy Living Event

BOILING SPRINGS, N.C. – Dozens of local healthcare providers and organizations will be on hand to promote healthy living at Gardner-Webb's annual health fair, scheduled for Tuesday, March 4 from 11 a.m. – 2 p.m. in Tucker Student Center. The event is free and open to the public.

Every year, the GWU Health Fair enables students and members of the community to build relationships with local health agencies, promoting awareness about the latest health-related trends and offering the knowledge and resources necessary to pursue healthy lifestyles.

“We always try to promote a holistic view of health—not just what it means to be physically healthy, but how to make the best choices for nutritional, psychological, and even spiritual health,” said Brian Arnold, GWU's assistant director of student activities. “The event is a great opportunity for our students, and for members of the community, to learn what great local resources are available if they want to live healthier lifestyles.”

Local doctors, chiropractors, massage therapists, fitness experts, nutritionists, psychological and spiritual health counselors, and even health drink representatives will offer information and free giveaways. Several health-related student clubs will offer free blood pressure checks and body mass index (BMI) tests.

“The Health Fair is always an educational time,” said Arnold, “but it's a fun time too. We'll offer raffles and giveaways, and a lot of the representatives give out souvenirs of their own. But most importantly, we hope the Fair will inspire people to take better care of their minds, bodies, and souls.”

For more information about the Health Fair, contact Brian Arnold at (704) 406-3552.

Located in Boiling Springs, N.C., Gardner-Webb University seeks a higher ground in higher education – one that embraces faith and intellectual freedom, and inspires in students a love of learning, service, and leadership.