

Career Tech Matters

by Dennis Franks • March 10, 2017

When Pickaway-Ross purchased a building to be used, primarily, as a main campus for Adult Education, we were excited about the possibilities.



The building, off Route 104 in Chillicothe, is more than 20,000 square feet and that space will be put to use March 18 when Adult Education hosts the 2017 Health, Safety & Fitness Expo from 9 a.m. to 1 p.m.

The Expo, started more than 10 years ago, had been held at Ohio University but with the new space, it made sense to host it on our campus.

“What better way to showcase our new facilities to the public than our annual community event,” said Britany Freeman, Adult Education Marketing coordinator.

Once the decision to host the Expo was made, Carrie Fife, Adult Education director, and her staff members decided to revamp the focus of the event to incorporate more aspects of Adult Education offerings.

The other big change is the partnership with Adena Health System, which is the co-presenter of Adult Education’s Expo.

Britany said Adena has expanded the typical layout and offerings at the expo. Adena physicians from a variety of health-care fields will provide presentations on their specialties and present question-and-answer sessions.

The Nutrition and Diabetes Education departments will conduct seminars throughout the day as well. Adena also will offer breast cancer and bone density screenings in the privacy of the Nurse Aide lab. Information on the signs and symptoms of breast cancer and educating visitors on how to strengthen their bones also will be provided.

Adena’s Rehabilitation Services will provide a Fall Risk Assessment for all ages. Visitors can learn the factors that contribute to falls and how to improve balance and take a fall risk assessment.



Adult Education’s Medical Assisting students will again provide blood pressure and blood sugar checks to visitors at the 2017 Health, Safety & Fitness Expo.

And Adena’s Primary Care department will be set up to help attendees make online appointments.

Adult Education’s Medical Assistant students will provide weight and height measurements, take blood pressure readings and blood sugar checks. The high school Allied Health students will assist vendors as needed.

Massage Therapy students will provide hand massages.

Southern Ohio Krav Maga and Chillicothe Academy of Mixed Martial Arts will give self-defense and mixed martial arts demos; Buckeye Damsel in Defense will conduct a demonstration on the proper way to use pepper spray; the Chillicothe Swim & Racquet Club will have a ZUMBA demonstration; and the non-profit arm wrestling team First Capital Pullers will host a mini tournament and demonstrate arm wrestling techniques.

Sponsors of the 2017 event are Animal Care Clinic; Agenter Orthodontics; Berger Health System; IHeart Media Chillicothe; Ross County Safety Council; Stonecreek Dental Center; Subway; Tim Horton’s; and Wissler, Myers & Kallies Family Dentistry.

Dennis Franks is superintendent of Pickaway-Ross Career & Technology Center. He can be reached at dennis.franks@pickawayross.com.