

My Turn

By Dennis Franks

March 7, 2014

Next Saturday, Pickaway-Ross and Ohio University-Chillicothe will host the 2014 Health, Wellness & Fitness Expo.

The March 15 event will mark the 10th year that Pickaway-Ross, OUC, Adena Health System, Berger Health System and dozens of Ross County health organizations and medical professionals come together to provide an abundance of free health-related services to community members.



Deb Park, Pickaway-Ross health coordinator, has created this event from Day One and its growth has surprised even her.

What started as a small women's health fair in 1998 has expanded to become the Expo that fills the Shoemaker Center at OUC.

"We've learned a lot over the years," Deb said.

Deb Park



The Expo crowd fills the Shoemaker Center at OU-Chillicothe.

In addition to Adena and Berger, other Level One sponsors this year are 106.5 WQLX-FM, Kroger, National Church Residences-Chillicothe, McDonald's, New Albany Joint Implants, Ross County Home Health, Spauldings Chiropractic, Stonecreek Dental, Wissler, Myers & Kallies Family Dentistry and The YMCA of Ross County.

Level Two sponsors are Be Well, Family Dental, Hanes Chiropractic, Subway of Chillicothe and Walgreens.

Dan Ramey Sr., radio show host for 1490 WBEX-AM, will serve as the event's emcee and Ronald McDonald will also be in attendance. Other scheduled entertainment includes the First Capital Cloggers, YMCA Yogamotion and Zumba classes.

New to the event this year is Buck-Icon, a foundation that helps raise funds for groups and charities. Expo visitors will have the chance to meet former Ohio State University and NFL player James Cotton, who founded Buck-Icon.

Supported by the vendors and the community, this annual expo is a great way to give back to Ross County, Deb said.

"The expo highlights what we do here at Pickaway-Ross — training future health-care professionals whose skills will then benefit Ross County residents."

Mark your calendar to stop by OUC's Shoemaker Center between 9 a.m. and 2 p.m. Saturday, March 15.

