

HERE'S TO A HEALTHY START

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Document Text

Sonya Pole loves the sense of community she feels at Jordan Park Apartments. She finds volunteering in Jordan Park's After School Success Program rewarding, and as a resident she enjoys the benefits of other programs available to her and the community throughout the year.

Pole will take part in Jordan Park's Fourth Annual Back to School Community Health Fair on Saturday. The fair is free and open to the public.

She said the health fair is a fitting alternative for people with busy schedules and those looking to avoid high co-pays.

"There are people at the fair to help," she said. "I stay away from the doctor. By going to the fair, that helps me. It gives me encouragement to take care of my health."

Health screenings for adults include tests for blood pressure, blood glucose, cholesterol, body mass index, vision and HIV. For those looking to have questions answered about medications, a pharmacist will be on hand.

Activities for the family include a cookout, music from New Covenant Baptist Church and a Hula-Hoop and jump rope contest for kids. Shabazz Rogers from Academy Prep Center of St. Petersburg will conduct a pre-algebra workshop and will offer visitors an opportunity to try bucket drumming.

To encourage safety and citizenship, the St. Petersburg Police Department will give a canine demonstration and Auto Theft Prevention Rally, and St. Petersburg Fire Rescue will have a fire engine on display.

Rebecca Quarles, resident services coordinator for Jordan Park Apartments, said the event will give families access to programs and services to improve their everyday life.

To name a few, GTE Federal Credit Union will provide information about workshops that teach people 12 to 22 how to handle checking and savings accounts and manage credit cards. Representatives of Lakewood Community School will talk about free GED and adult basic education classes. And for those looking to improve their money smarts, financial education and information about free tax preparation will be provided by the Wealth Building Coalition of Pinellas County.

"The goal is to provide a fun event that will encourage those who live in Jordan Park and the surrounding neighborhoods to get to know each other, take care of their health, learn about free services that are available to them in the community, and get ready for a new school year," Quarles said.

* * *

If you go

Community health fair

10 a.m. to 1 p.m. Saturday at 1245 Jordan Park St S (off 13th Avenue S at 24th Street), St. Petersburg. Admission is free. Call (727) 322-9327.

Credit: Times Staff Writer

[Illustration]

Caption: PHOTO - Times (2007): A teen races through the slop along an obstacle course during a past session of the TASC0 Mud Wars.

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Abstract (Document Summary)

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