

Extraordinary People

... personalized care

**Wellness and Community
Education team**



Amy Tweedy

Lisa Bankard

Heather Rose

"This health fair has been so wonderful! I've gotten things checked that I should have but never would have without this event. Thank you!" -- Community Health Fair participant

Hospital employees and regional employers count on the Wellness and Community Education team to promote healthy choices. Programs include CPR classes, wellness screenings, work-site health fairs, Taking Care of Me presentations and the popular Community Health Fair.

Lisa, Amy and Heather say, "Wellness is a choice. We provide education and screenings that may encourage individuals to take preventive measures and optimize their health. Our goal is to support our employees, businesses and our community to adopt healthier lifestyles."