FOR IMMEDIATE RELEASE:

Resources for Harvesting Health and Wellness
Health screenings, music and community resources

Trenton, NJ — Autumn has returned to Mercer County, so has the annual CHS Mercer Women, Infants Children Program (WIC) and WellCare Health Plans, Inc. Health Fair on September 28th. This is our second year of bringing resources to the community highlighting the importance of eating well, daily physical activities, and living healthier to experience positive health outcomes.

The Health Resources Fair will bring more than 20 vendors from different agencies, providing services and educational materials on important issues that affect the community. Services will include nutrition education, WIC services, health insurance information, healthy cooking, Medicaid, raffles, children’s games, free blood pressure and health screenings and more!

The main purpose of the fair is to provide participants with tools and ideas to help lead a healthier and more active life. Community members can gather information from vendors, get inspired by the speech of the keynote speaker, learn healthy cooking habits, and obtain free screenings.

The keynote speaker is Canaan Bethea, Assistant Wrestling Coach at George Mason University. He is one of nine children, who grew up in Trenton NJ, is a graduate of the University of Pennsylvania, and was a member of University’s wrestling team from 2012-2015.

The 2nd Annual Resources for Harvesting Health and Wellness Fair will take place on Wednesday September 28th, from 2:00 pm to 7:00 pm at WIC Trenton 416 Bellevue Ave, Trenton, NJ 08618.

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About CHS Mercer WIC
A program of the Children’s Home Society of NJ is special supplemental nutrition program for Women, Infants and Children (WIC). The WIC Program provides supplemental nutritious foods for pregnant, breastfeeding and postpartum women, infants and children up to the age of five. The WIC services include nutrition education and counseling, breastfeeding promotion and support, and health care and social referrals for all WIC participants as needed. Enrollment is open to all eligible applicants.

About WellCare Health Plans, Inc.
Headquartered in Tampa, Fla., WellCare Health Plans, Inc. (NYSE: WCG) focuses exclusively on providing government-sponsored managed care services, primarily through Medicaid, Medicare Advantage and Medicare Prescription Drug Plans, to families, children, seniors and individuals with complex medical needs. WellCare serves approximately 3.8 million members nationwide as of June 30, 2016.

About keynote speaker:
Canaan Bethea, a graduate of the University of Pennsylvania and was a member of their Wrestling Team from 2012-2015. Bethea finished seventh at Nationals just missing All American status. He was a NJSIAA state wrestling tournament runner-up for Trenton High School as a senior. He was formally employed by Beat the Streets-Philly and is currently an Assistant Wrestling Couch at George Mason University.

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