

Press Release

Love Yourself Health Weekend

Prevention is the best medicine. Better Health and Wellness Ministry is sponsoring presentations, beginning on Friday, February 12 and will continue on Saturday, February 13 with a Wellness Health Fair and Tai Chi for Arthritis Clinic at the Unitarian Universalist Congregation, 520 Kanawha Blvd. West, in Charleston.

GIT UP AND GO will include exercises and movements for different likes and needs. Featured will be a menu of programs available. Included that evening are: Yoga and Zumba. Arthritis and other limited movement programs. Chi walking. Also, Enhanced Fitness, a special FREE research program sponsored by WVU. This entire program will be at 6:30 on Friday evening.

Love Yourself Health Fair will begin at 9AM on Saturday, February 13. Vendors doing a variety of body work, health food, and acupuncturists are just a few participating. The main event will be: Tai Chi for Arthritis. This is a workshop with Ron Wilkerson, national acclaimed Tai Chi instructor who will coordinate the event, along with other Certified Instructors. All certifications are from The Arthritis Foundation who is a contributor to the Wellness Ministry.

Other involved agencies and supporters are: Bureau of Public Health/Osteoporosis and Arthritis Division. WVU Department of Orthopedics (The HARE Program), Senior Services, Unitarian Universalist Congregation, Grace Bible Church, St. Anthony Catholic Church, Health Ministry of Emmanuel Baptist Church and Seventh Day Adventist Church.

Better Health and Wellness Ministry is a combined ecumenical cluster of Charleston's West side churches. For information leave messages for Lonna McClure Barker at 304 345 9234 or Janet Caruthers at 304 925 4313.

With a presentation, Friday, February 12 at 6:30 pm by Better Health and Wellness Ministry. and a Wellness Health Fair on Saturday,