2015 Health & Wellness Day
presents
College-and-Career Ready through Healthy Lifestyles

May 20th 9:30 am-11:30 am
Siler City Center

Community Speakers:
Healthy Meals on a Budget

Phyllis Smith, RD, LDN
NC Cooperative Extension, Extension Agent
Family and Consumer Science

Dance Routines
Ebony Grissett-Delgado
Chatham Dance Connection
Owner/Dance Instructor and Dance Team Head Coach
for Northwood High School

Diabetes Education
Doris Welborn, MED, RD, LDN, CDE
Chatham Hospital, Diabetes Educator

Physical Activity
Luke Fowler
Triangle Fitness, CPT, CGT, CSI, Athlete/Triathlon
Frank Afonso
CPT, CGT, Professional Body Builder

Nutrition Tips: Natural Stress Reducers
Tara H. Gregory, MPH, RD, LDN
Chatham County Public Health Dept. Nutritionist III

Sponsors:
College and Career Readiness Faculty, Staff, & Students
Walgreens, Triangle Fitness, Walmart, Chatham Dance
Connection, Chatham County Dept of Public Health,
NC Cooperative Extension, Chatham Hospital

For more information contact: Della Newkirk • dnewk746@cccc.edu • 919-545-8668