

TCPALM

Centennial students learn to be healthy at annual fair

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PORT ST. LUCIE — St. Lucie West Centennial High School hosted its annual health fair on March 23. The event was planned by the Allied Health teachers Elizabeth Durkee and Mary Higgins along with senior students in the Electrocardiograph class. Community partners gathered to inform nearly 2,000 high school students on healthy eating, fitness, health care careers and teen safety.

Centennial students were greeted by members of Health Occupations Students of America (HOSA) and were handed a passport listing all the organizations they could visit. They practiced hands-only CPR as demonstrated by the First Responder class and tested their strength and agility with Keiser University's Sports Medicine Program students. The Diabetes Coalition and St. Lucie County Health Department shared tips on how to improve eating habits with an easy system. Life Alliance Organ Recovery encouraged student drivers to sign up as organ donors.

Important topics like abstinence, sexual trauma and STDS were covered by the Sexual Assault Assistance Program of the Treasure Coast, 211 Teens, Children's Home Society, Teen Choice Programs, Protect the Heart/Carenet, The Parent Academy of SLC and the St. Lucie County Health Department. These organizations not only educated students, but also told them about available local resources.

HOSA members volunteered to work alongside community partners, which helped the event run smoothly.

Thanks to Keiser University's sponsorship for a successful health fair. We greatly appreciate all the community organizations that spent the day with our Centennial Eagles for an exciting and educational school event.