



FOR IMMEDIATE RELEASE
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USI TO HOLD HEALTH FAIR

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The University of Southern Indiana will be hosting an Employee Health Fair on Monday, October 29, from 8:00 a.m. to 5:00 p.m. in the University Center, sponsored by the Human Resources Department. Several organizations, including St. Mary's and Deaconess Hospitals, and USI's School of Nursing and Health Professions will be present to conduct health screenings and distribute materials to USI employees.

"The Employee Health Fair will benefit our employees in several ways," explains Cindy Newhouse, Director of Human Resources. "We think it will raise an awareness of problems related to certain lifestyles and what community agencies are available for help. It can also help improve one's health and help stabilize rising health care costs. And we hope it will be fun for the employees; not a grueling series of tests."

Other organizations scheduled to attend include: The American Red Cross, CONCERN: Employee Assistance Program, Blue Cross/Blue Shield Accordia, YWCA of Evansville, Mulberry Center, Evansville-Vanderburgh County Department of Health, American Lung Association of Southwest Indiana Inc., YMCA of Southern Indiana, VNA of Southwestern Indiana, Arthritis Foundation, Alcoa Wellness Program, Beltone, and the A.T.A. Fitness Center.

In addition, several experts from local hospitals will conduct health information seminars on various topics. Katherine Powell, a CONCERN counselor from Deaconess Hospital, will present two seminars on stress management, at 9:00 a.m. and at 2:00 p.m. Marietta Cappelletti of the American Cancer Society will be giving a presentation on smoking hazards beginning at 10:00 a.m. At 3:00 p.m., Cindy Cole Aruin, a dietician from Deaconess Hospital, will conduct a seminar on nutrition.