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## NEWS RELEASE

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### **Covina-Valley Hosts Third Annual Health and Wellness Fair, Offering Health Services, Resources to Community**

**COVINA, CA** – Covina-Valley Unified School District students, families, and community members received complimentary health screenings, wellness tips, and valuable demonstrations during the District's third annual Health and Wellness Fair on April 18, spotlighting the District's commitment to nurturing the holistic well-being of every individual within their community.

The Health and Wellness Fair has seen significant growth over its three-year history, expanding from 40 community partners to nearly 100 this year.

"We are thrilled to see our Health and Wellness Fair grow each year, bringing more valuable resources and support to our students, families, and the entire community," Superintendent Dr. Elizabeth Eminhizer said. "This event reflects our commitment to nurturing both the physical and mental well-being of every student, ensuring they have the tools and knowledge to lead healthier lives and to continue succeeding in school."

The District partnered with local hospitals, clinics, and pharmacies to provide vision and dental screenings, vital sign readings, immunizations, and consultations with physical and mental health professionals – all either free or at minimal cost.

"Our biggest desire with this event was to provide these vital services to families and community members either free of charge or at low cost," C-VUSD Health Services Coordinator Nicole Salas said. "The fair served a dual purpose of boosting awareness about the numerous health and wellness resources accessible in our community while also lowering the obstacles that might prevent our students from attending school due to health issue concerns."

Students from the District's high school medical career technical education pathways gained invaluable hands-on experience by assisting with health screenings and taking vital signs, under the supervision of West Covina Health's Health Director and resident physicians.

In addition to the health services offered, the fair also featured highly informative demonstrations, including a hands-on CPR training session by the Los Angeles County Department of Public Health and a presentation about healthy coping skills and strategies from Pacific Clinics, a behavioral healthcare provider and local community partner.

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Mental health counselors from each Covina-Valley Unified school site also hosted booths, along with District social workers and nurses.

"Having our school-based counselors hosting booths allowed for students and families to see all of the great health and wellness resources and support available to them on their own campuses," Mental Health Services Coordinator Ana Vasquez said. "We made a conscious effort to include a wide variety of mental health providers this year, emphasizing the importance of both mental and physical health."

#### **PHOTO CAPTIONS:**

**CVUSD\_WELLNESSFAIR1:** South Hills High School medical career technical education pathway students hosted their own booth at the Health and Wellness Fair on April 18 to demonstrate and practice the vital skills they have gained from the pathway.

**CVUSD\_WELLNESSFAIR2:** A Barranca Elementary School student receives a dental screening from Big Smiles Dental Program at the Covina-Valley Unified Health and Wellness Fair on April 18. The fair allowed District students, families, and community members access to complimentary health screenings, wellness tips, and valuable demonstrations.

**CVUSD\_WELLNESSFAIR3:** The Covina-Valley Unified Nutrition Services team hosted a booth at the Health and Wellness Fair on April 18 to inform families and community members about healthy eating habits.

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