

## **Prenatal Care, Obesity and Asthma Focus of Health Festival**

*Volunteer State Health Plan and East Lake Academy  
Team Up to Encourage Healthy Lifestyles*

**CHATTANOOGA, Tenn.** — Families interested in learning more about asthma, obesity and prenatal care are invited to attend a free health fair Saturday, Jan. 30, from 10 a.m. to 2 p.m. at East Lake Academy.

Sponsored by East Lake Academy and Volunteer State Health Plan (VSHP), the East Lake Family Festival will focus on helping families in Hamilton County lead healthier lives through educational sessions led by community health institutions and social service agencies. Information on well child check-ups will also be available.

“Obesity and asthma are commonly linked health conditions, that with proper care and education can often be avoided,” said Sheila Keith, manager of community outreach for VSHP. “The goal of this health fair is to provide the knowledge necessary to prevent and better treat both.”

Among the various sessions that will take place at the event are tips on healthy cooking, how to control asthma over the long term, and information on community resources and agencies. Featured speakers include Russell Cliche with Coordinated School Health, who will be speaking on overcoming obesity and how to stay healthy, as well as Toney Hannah, a health educator from the Chattanooga Health Department, who will speak on prenatal care.

Free food and drinks will be provided, as well as the chance to win door prizes. For more information contact Jeremy Scruggs, community care partner for VSHP at (423) 535-5742 or at [Jeremy\\_Scruggs@VSHPTN.com](mailto:Jeremy_Scruggs@VSHPTN.com).

– END –