



BARSTOW COMMUNITY COLLEGE

Public Information Office

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Date: 04/10/2018

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B Well Community Health & Fitness Fair

Barstow, CA – Barstow Community College (BCC) is hosting its first B Well Health & Fitness Fair on Friday, April 20, 2018. The event is FREE for the entire community. It will be held in the Performing Arts Center (PAC) on the main campus, starting at 9:00 a.m. and closing at 2:00 p.m.

Dr. Eva Bagg, Superintendent-President of Barstow Community College, is inviting everyone in the community to attend. She pointed out, “BCC is firmly committed to the health and well-being of our students, faculty and staff. This fair is a collaborative effort with many health care providers in the high desert. Residents of our local community are invited to join us for our first B Well Health and Fitness Fair at the PAC.”

Doctors and Health Professionals will be conducting seminars and presentations in the main theater of the PAC and in the smaller Black Box theater just off the lobby. Here are some examples of the types of subjects and the speakers who will be making the presentations:

9:00 a.m.	Chronic Pain Management – Dr. Ravindra Gautam
9:30 a.m.	Manas Nutritional Council
10:00 am.	Cardiology, heart health and maintenance – Dr. Dizon
10:30 a.m.	Orthopedic Care, bone health, and degenerative joint disease – Dr. Lui Ortho
11:00 a.m.	Primary Care, Woman’s Health – Dr. Usha Gautam
2:00 p.m.	Prize Drawing and event close in Theatre – Dr. Bagg and Dr. Gautam

Dr. Guatam, who has been working to help organize the event, observed, “Many free health and fitness check-ups will be conducted on the site, and several local vendors will be giving away free samples and discount coupons.” Some of the tests and assessments that will be offered include:

- Heart ultrasound
- ABI – lower and upper extremities circulation
- Sugar levels
- Blood pressure
- PFT – pulmonary function test
- Body mass index measurement
- Cholesterol screening

Fun Walks will be held at four different start times: 10 a.m., 11 a.m. 12 p.m., and 1 p.m. A hosted walk around campus, approx. 1.2 miles, including a tour of the BCC Fitness Center and using the second level indoor track of the Center as part of the fun walk course. Athletes will be working out during the Center tour under the direction of BCC’s Athletic Trainer, Dr. Kirkpatrick.



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“We have been talking to everyone about this important health and fitness fair at the college” said Chris Clarke, BCC’s Spokesperson. “The positive response and enthusiasm of the members of our community have been inspiring.” Dr. Gautam announced that “Free drawings will be held at the conclusion of the event. We will be giving away a large screen television, and two computers, to the lucky winners!” Various other door prizes and participation gifts will also be given away. Free healthy snacks will be provided. Plus, there will be food trucks and vendors offering food for sale at lunch time so that participants can come and stay for the entire event.

The B Well Health & Fitness Fair is for all residents of the Barstow Community College District. To learn more about this and other programs and events at the college, please visit the BCC website: www.barstow.edu