



Jackson County Health Department

Media Release: October 19, 2022

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Altus Wellness Symposium and Community Health Fair October 26 and 27

ALTUS, OKLA. - Community members in Altus will hold a two-day Wellness Symposium on Wednesday and Thursday, October 26 and 27. The event will kick off with a Community Health Fair on Wednesday afternoon featuring free screenings and health information. The Jackson County Health Department will host the event to educate individuals on the health status of Oklahoma.

The Altus Community Health Fair is free to attend and open to the public from 12:30 p.m. to 5:30 p.m. on Wednesday, October 26 at the Bunker Hill parking lot, south end. The Health Fair will have several area health organizations on site to conduct free health screenings including early intervention developmental screens for children one month to three years; hearing screens for newborns to 17 years old; health wellness screening for A1C, cholesterol, blood pressure, depression screens; fluoride varnishing for six months to 18 years old; and biometrics screening. Local firefighters and food trucks will also participate in the Community Health Fair.

The Wellness Symposium will begin after the health fair on October 26 from 5:30 p.m. to 8 p.m. at the Altus Community Center, 401 Falcon Road, with guest speaker Gail Box. She will share her story about her son, Austin Box, who grew up in Enid and then attended the University of Oklahoma. In 2011, Austin died from an accidental prescription drug overdose. Gail started a foundation to honor her son with the mission of educating the public on the dangers of prescription drug abuse.

On October 27, the Wellness Symposium will continue from 8 a.m. to 5 p.m. at the Western Oklahoma State College, 2801 N. Main Street, in Altus. The event will feature 21 guest speakers and more than 15 breakout sessions including keynote speaker Tom Farley, the brother of the late actor and comedian Chris Farley who died of opiate and cocaine intoxication in 1997. Tom is a Community Relations Coordinator for Rosecrance Health Network, a leading provider of behavioral health services with nationally recognized addiction treatment programs. He is also a motivational speaker, delivering messages on substance abuse prevention and recovery.

Event organizer Victoria Cleveland from the Jackson County Health Department said the goal is to spark a healthy community.

"The purpose of the Wellness Symposium is to attract a wide array of professionals and citizens who are concerned with the mental health and substance abuse of Oklahomans and want to shape a healthier future and thriving society in southwest Oklahoma," said Cleveland.

Tickets to the Wellness Symposium are \$25 and available by going to Eventbrite <https://www.eventbrite.com/e/wellness-symposium-health-fair-tickets-387814622977>. To view the list of speakers and breakout sessions, go to: <https://mailchi.mp/374ff100db1c/altus>. For more information on either the health fair or the wellness symposium, contact the Jackson County Health Department at (580) 482-7308.

Wellness Symposium



(580) 482-7308
for more information

October 26 5:30 to 8 pm
Altus Community Center
401 Falcon Road, Altus

October 27 8 am to 5 pm
Western Oklahoma State College
2801 N. Main Street, Altus

Keynote Speakers



Tom Farley

In 2008, Tom wrote "The Chris Farley Show", a New York Times bestselling biography of his late brother, the actor and comedian Chris Farley. Tom also has a gift of humor and uses it to travel around speaking to groups about addiction. Tom will be one of the keynote speakers, talking about Mental Health, Overcoming Adversity.



LT. COL. ADAM "TEDDY" BOYD

Commander of the 56th Air Refueling Squadron, Altus, AFB. He leads the "Mad Hatters" as they fly the Air Force's newest tanker, providing graduate-level training to total force and international students.



Gail Box

Oklahoma Overdose Prevention Co-Founder Austin Box "12" Foundation and member of the Oklahoma Overdose Prevention Committee



Steven Buck

President & CEO Care Providers Oklahoma and the Former Executive of the Oklahoma Office of Juvenile Affairs

15+ Breakout Sessions

Sponsors: Jackson County Health Department



Shortgrass COMMUNITY HEALTH CENTER, INC.



REGISTER TODAY

Purpose: Attract a wide array of professionals and citizens concerned with the health status of Oklahomans and want to shape a healthier future and thriving society in SW Oklahoma.



ALTUS Community HEALTH FAIR



**Wednesday,
October 26**
**Bunker Hill Parking
Lot (South End)**
12:30 to 5:30pm

**Come Eat Lunch and Dinner:
Abby's Authentic Mexican Food**

Come to our Community Health Fair and meet local firefighters and area health organizations.

Get Free Screenings & Information

- Flu/Pneumonia/COVID Vaccines
- Early Intervention Developmental screens for children 1 month to 3 years
- Hearing screens for newborn to 17 years
- Vision Screenings (3:30-4:30pm)
- Community resources for food, housing, Medicaid, prescription assistance
- Health-Wellness Screening for A1C, Cholesterol, Blood Pressure, depression screens
- Fluoride Varnishing for 6 month to 18 years
- Biometrics - aerobic fitness
- Mental Health and Substance Abuse resources
- Veterans and family counseling
- Salvation Army - water distribution



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