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Division 18 Health Fair Will Look at the ‘Complete Person’

By REINA V. SLUTSKE

(Dec. 7, 2005) Fifteen vendors will participate, Thursday, in Carson Division 18’s Health Fair to promote treatment for “mind, body, and spirit.”

According to Division Transportation Manager Cindy Karpman, the program is held once a year to help employees who have health problems.

“A lot of the health issues arise from bus operators, like high blood pressure, tension, headaches,” said Karpman. “If they can get information at the division, it can help a lot.”

Featured at the Health Fair will be a special Women of Color Breast Cancer Awareness workshop, coordinated by Assistant Transportation Manager Cheryl Brown, who is involved with the organization.

Women of color are at especially high risk for breast cancer, according to Y’von Davis-Carter, who helped organize the Health Fair. The workshop will help women learn to do self-examinations to look for cancerous lumps.

Among other vendors, Long Beach Medical Clinic will be performing tests, including blood pressure and fat analyzing. Martino Massage, which specializes in lower back and neck pain, will be giving mini-massages. The Employee Assistance Program will provide mental health information, and a financial consultant will also be available.

According to Davis-Carter, the whole individual is what counts. “We’re looking at the complete person, because it all goes together.”