



At the Taste of Shiloh, above, young girls attend a youth seminar, and right, festival attendee gets a spinal health check.



CHURCH CELEBRATES SERVICE TO AREA RESIDENTS WITH ANNUAL HEALTH FAIR, FESTIVAL

Hundreds of people from the Smyrna-Marietta community and throughout metro Atlanta streamed into the Hinson Family Life Center of the Shiloh SDA Church to attend the 2006 Taste of Shiloh Health Fair and Festival on Sunday, October 1.

"It was our greatest turnout ever," remarked Nancy Howard, one of the festival's coordinators. Admission to the festival was free, and attendees enjoyed free giveaways and refreshments from the church and local business vendors and sponsors.

The festival's highlight was the church's annual Health Fair, which featured free chair and table massages, free healthy food samples and a host of free health screenings. "The screenings alone are worth stopping by," said Mrs. Howard. "It can be costly to have your doctor administer cholesterol, blood pressure, diabetes or

sickle cell screenings. Even a vision screening costs money. And we have all of those screenings here for free every year." Blood donations were also taken by an American Red Cross Bloodmobile unit.

Another highlight of the day was the assortment of free Seminars conducted by local health and business professionals on topics including nutrition and wellness, heart health, breast cancer awareness, herbal remedies, disaster relief, personal finances, and dealing with anger and resolving conflict.

The festival also featured a SPORTS and FITNESS segment, which included a special presentation by Go Girl Go, a non-profit organization whose program emphasizes the importance of health and fitness for teen and pre-teen girls, whose physical fitness needs in general are underserved.