

A day of pampering

Event sparks discussion on women's health

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Staff Writer

It was billed as "A Day of Pampering," but when it was all said and done, the day really focused on opening up about women's issues.

Much of the discussion took place at health-related displays and during testimonials throughout the day, but some of the best dialogue came as ladies socialized in the hallways and stood in line for massages and vision tests.

Caldwell Memorial Hospital Cancer Program Coordinator Crystal Dula, R.N., was pleased with the turnout and the lines for the health tests. She, along with the Health Department's Jessica Carter, helped organize the inaugural event.

"It's going great," Dula said. "We are getting people to talk with each other."

The first ever Women's Day of Pampering at Davenport A+ School Saturday, sponsored by the Caldwell County Health Department and Caldwell Memorial Hospital's Cancer Care Center, brought hundreds of ladies together from across the area.

"It is far beyond what we imagined," said Carter, who is health education and promotion supervisor for the Caldwell Health Department. "The group of women needed is here."

Both Carter and Dula were satisfied with the interest and results Saturday, and accomplished their mission of getting local women to think about their health.

"(Attendance) is definitely more than expected," Dula said.

But the day wasn't all serious issues and concerns. It's fair to say that there was plenty of indulgence and fun.

"I feel pampered," said Melissa Lipford of Lenoir after a relaxing massage. "It's a great thing, especially for people who can't afford health checks."

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PAMPERING

Lipford is a breast cancer survivor and was planning to share her story as a speaker at the event.

The Day of Pampering was funded by a grant from the Susan G. Komen Foundation. The Komen Foundation is a leader in breast cancer research funding and sponsors similar events across the country.

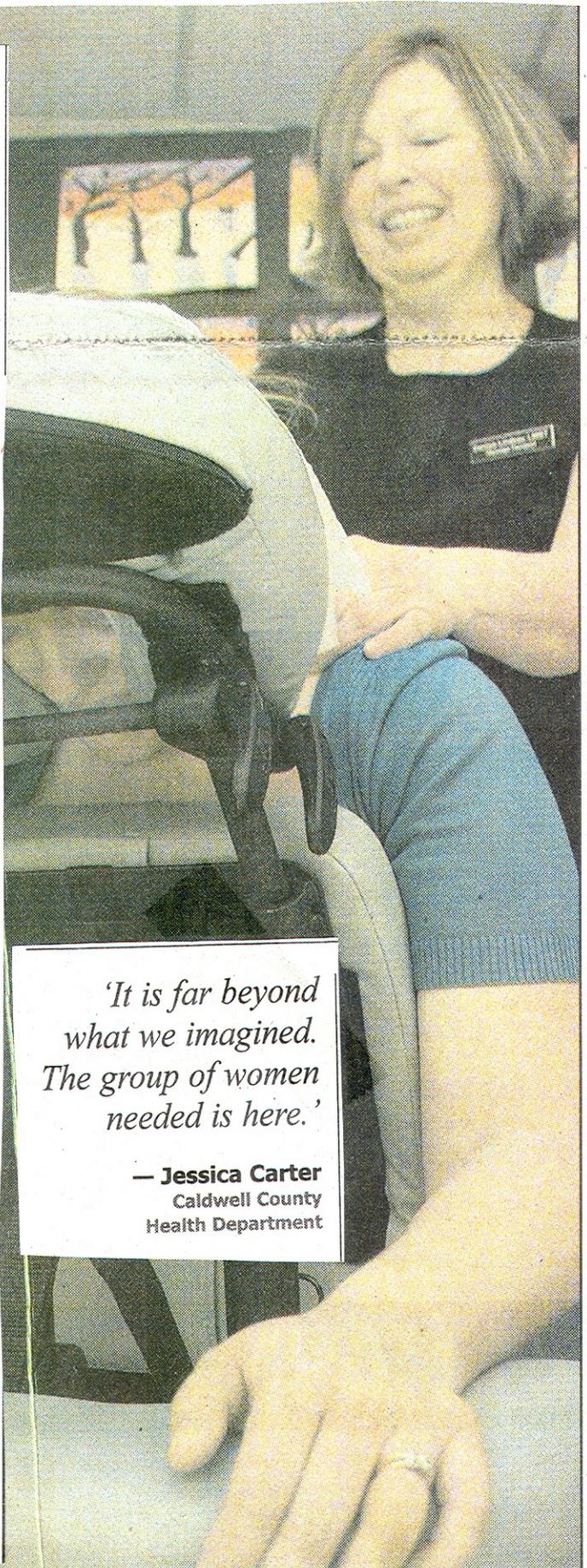
The school's "gymnasium" was lined with booths from area organizations with information on everything from immunizations and mammograms to healthy eating and saturated fats. The American Cancer Society, The Wig Bank of Caldwell County, Healthy Caldwellians, The Shelter Home of Caldwell County and the Women Resource Center were among several participants in Saturday's event.

Caldwell Memorial Hospital set up a display showcasing its Allene Broyhill Stevens Heilman Radiation Oncology Center.

"We bring that big-city health care to small towns," said Julie Bowman, R.N., who works at the Oncology Center and was offering information to guests at the event.

In the commons area, women found several stations to test their health and soothe their bodies, such as glaucoma screenings, massage therapy sessions and a tri-fitness test. The tri-fitness test evaluates strength, flexibility and "real age" versus "body age." Make-up specialists and refreshments also were available.

All attendees were asked to fill out a survey so organizers can improve future events. With more than 100 participants before noon and two more hours to pamper and inform local ladies, Dula said she is sure that they can make next year's event even better.



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— Jessica Carter
Caldwell County
Health Department

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Tracy Ward of Granite Falls enjoys a back message from Denise Lindsay of Wellspring Therapeutic Massage Care Saturday at the Women's Day of Pampering at Davenport A+ School in Lenoir.