



The MindReset

UPLIFTING NEWS

NBCA Telemundo 44 Health Fair Recap

January 12th, 2019- Washington Convention Center

by Jing Wu



Darryl T. volunteered with the Brain Injury Alliance of DC alongside Ellen, the support group coordinator for the monthly brain injury support group.

Jing Wu volunteered with the American Foundation for Suicide Prevention. Both were stationed in the "Mental Health" section of the health fair.

There were dozens of organizations and activities ranging from cooking classes to workouts. Here are three takeaways from the event:

1. There should be more opportunities for people of all ages to be well together. Jing observed that there were more children in the physical fitness area and almost none in the educational booth areas. There were not many adults working out, except in the dance routines, where it seemed a little intimidating for those who were inexperienced with dance fitness to participate.
2. It seems like people are motivated by material goods and freebies. From a volunteer standpoint, people more frequently stopped by booths for prizes and giveaways than for information.
3. Being in high school is confusing. Jing learned more about high school from a high school senior when they waited in line to go rock climbing. Jing was able to climb to the top, and yes, it was a lot of work on the forearms!



Overall, the health fair was a really neat event and it was nice to see families come together to engage in a day of health. The MindReset looks forward to hosting events like this in the future!