



PRESS RELEASE

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**Contact:
Jamie Carlington
770-603-4053 (office)
678-614-9593 (cell)**

CLAYTON COUNTY SENIOR SERVICES GEARS UP FOR ANNUAL S.P.A.R.C. EVENT “One Stop Shop for Wellness”

Jonesboro - Clayton County Senior Services will host its annual **Sickness Prevention Achieved through Regional Collaboration** events during the month of October. Two S.P.A.R.C. events have been planned in an effort to provide as many area seniors with the opportunity to attend the health and wellness expos. The first S.P.A.R.C. will take place on Friday, October 12 from 10:00am – 2:00pm at the J. Charley Griswell Senior Center located at 2300 Highway 138 SE inside International Park in Jonesboro. The second S.P.A.R.C. is scheduled for Friday, October 26 from 10:00am – 2:00pm at the Frank Bailey Senior Center located at 6213 in Riverdale Road in Riverdale.

The health and wellness event is designed to address the healthcare needs of adults age 55 and older. Immunizations, flu shots and tetanus shots will be made available for all that attend. On Friday, October 12 at 11:45am urologist, Dr. Darrell Carmen of Southern Regional Medical Center and Georgia Urology, will host a special “For Men Only” chat. The one-on-one chat with Dr. Carmen will take place in the billiard room of the Griswell Senior Center where he will address health concerns that affect men age 55 and older, and where men will have the opportunity to openly dialogue with one another.

“Each year we like to offer our adults a new S.P.A.R.C. component. This year’s addition of Dr. Carmen’s session is geared towards our men who tend to sometimes shy away from taking a proactive role in their healthcare management”, said Senior Services Director, Mary Byrd. “As part of the county’s commitment to making Clayton a Lifelong Community, we want to make sure all of our older adults have access to as much health and wellness information as possible. Therefore we are inviting all those that are 55 and older to come out to participate at either S.P.A.R.C. event.”

Free fruits and vegetables will be awarded to the first 150 people to participate, along with a variety of door prizes for others who attend the “one stop shop for wellness” event. Healthcare professionals from Clayton County Board of Health, Southern Regional Health System, and WellCare will also be onsite to provide blood pressure screenings, health mind assessments and foot assessments. Walgreens, AARP.org, Kaiser, ARC and other healthcare vendors will also have representatives at both S.P.A.R.C. events to provide information on their services for older adults.

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“Through dedication, we strive for Excellence”