

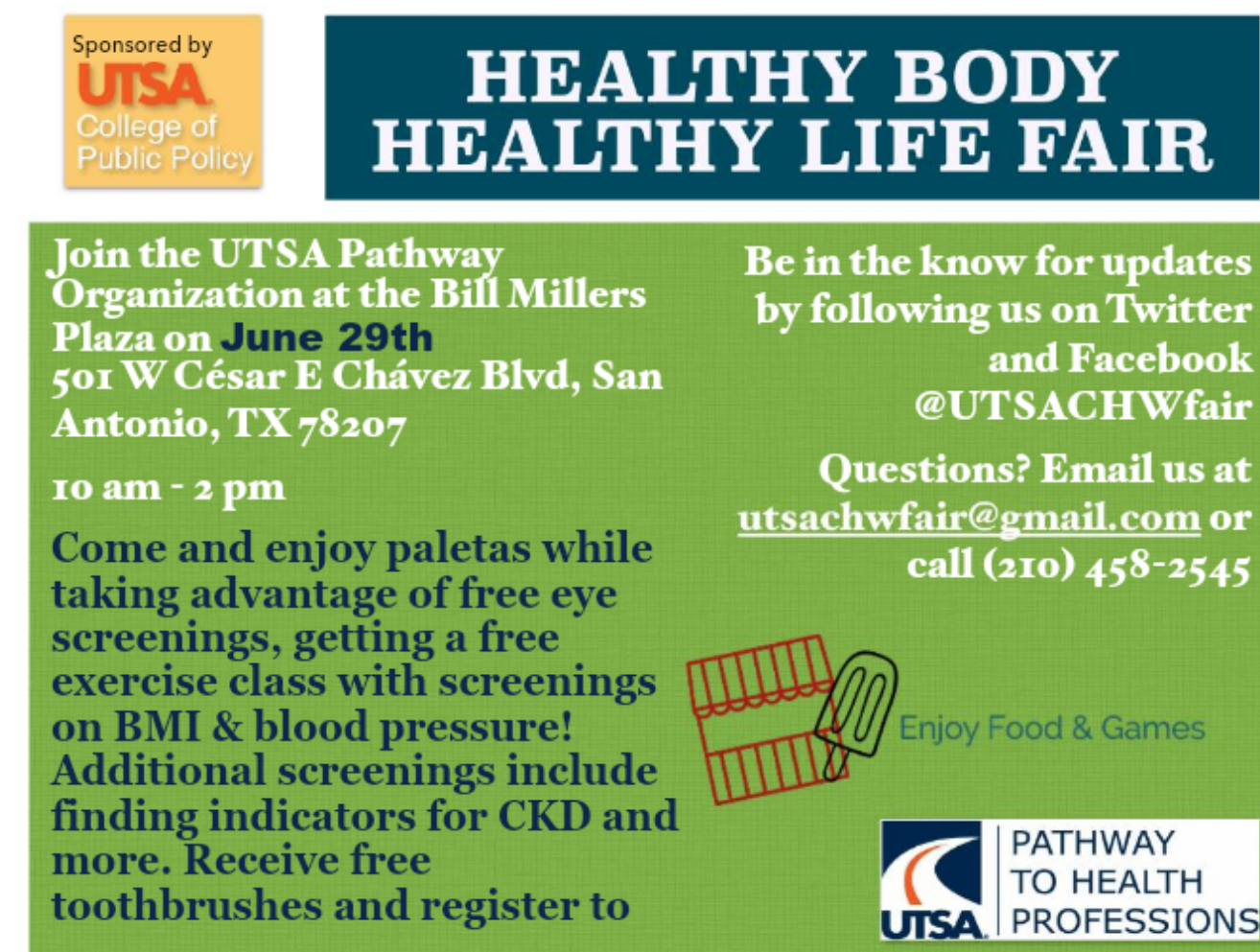


# Healthy Body Healthy Life Fair Reimi Navarro, Biology, 2021

Service

## SUMMARY

In June of 2019, I participated in a health professions summer program at UTSA's downtown campus known as Pathways. One part of the program was for us to be able to earn our community health worker (CHW) certification. In the classroom portion of our certification, we learned that many populations around Texas did not have access to health resources and information. To help alleviate this, we wanted to put on a health fair to act as a beacon. So, as our final project we planned and executed a community health fair. During the five weeks of our planning our teams worked vigorously to recruit various organizations who would be able to provide information and free services to everyone who came.



## SPICES

Using the knowledge and resources that we had we were able to reach out to our community and distribute important health information that they need in order to increase their health efficacy.

## HERBS

R/B: Producing the health fair allowed for me to successfully give back to my community, despite the challenges my group and I had. I learned that it truly takes a lot of hard work and effort to pull off a health fair.

## LEARNING OUTCOMES

*In the weeks leading up to our Healthy Body Healthy Life Fair, we as a group had went through an extensive planning process. They were multiple times where we had disagreed on what we had wanted our health fair to look like. In the end, we knew that we wanted to curate this health fair to fit the needs of our community so that it can be beneficial for everyone.*



## IMPACT

*Being apart of the team responsible for putting together this health fair made me realize that there is so much that I can accomplish if I were to put my mind to it. I was also able to directly see the impacts on those who attended the health fair. People were getting their vitals checked and were going through all of the organization tables, which made this fair more meaningful to me.*

## ADVICE

*The advice that I would give to those who would like to plan any large event would be to plan, plan, plan! Make sure that you have enough time for everything and always have multiple backup plans.*