

West Valley View

The community newspaper of Avondale, Buckeye, Goodyear, Litchfield Park & Tolleson, AZ ♦ Phone (623) 535-8439

[News](#) [Opinions](#) [Sports](#) [Classifieds](#) [Community Blog](#)



[home](#) : [news](#) : [rss](#)

[Share](#)

December 01, 2011

11/15/2011

EMCC event mixes health, career issues

Brent Whiting
staff writer

Two lifestyle issues will be explored Wednesday during a one-stop offering at Estrella Mountain Community College.

The Health Awareness & Career Expo is set for 9 a.m. to 2 p.m. in the plaza courtyard at the two-year college, 3000 N. Dysart Road, in Avondale.

Resources and job opportunities will be presented to the public free of charge on the topics of personal health and career development, officials said.

On one hand, the Expo will showcase health-career programs at the college's Southwest Skill Center, said Leslie Keefer, the event chair and an assistant director at the college center.

On the other hand, the offering will provide job awareness and training opportunities in a wide range of career fields, Keefer added.

"We decided to collaborate with our campus Career and Transfer Center, academic programs and student organizations to expand the Expo experience so it was convenient, informational and fun," Keefer said.

For health issues, activities will include free glucose and blood pressure checks, as well as information on health and nutrition, disease prevention and emergency tips and preparedness.

Fitness and exercise demonstrations will be part of the program, as well as information on medical certificate and degree programs leading to health-care careers.

The career portion of the Expo will offer information and resources on local job and internship opportunities.

In addition, there will be career exploration assistance, job readiness activities, career confidence-building, resumes and information on education and college programs.

More information on Expo events, vendors and presenters can be found at www.estrellamountain.edu/expo.

Brent Whiting can be reached by e-mail at bwhiting@westvalleyview.com.

Article Search

View more photos

- Editor's Picks
- View and Purchase Photos!
- Click Photo Blog

Get E-Mail Updates

- [Click Here To Sign Up!](#)

Calendar

- [Add Event](#)

School Links

- [School Boards](#)
- [Tax Credit Form](#)

About Us

- [Did We Miss You?](#)
- [Circulation](#)
- [Helpful Links](#)
- [Contact Us](#)

Subscriptions

Volume

Helpful Links

- [Discover more about your community](#)

Dining

- [Featured Listings](#)
- [Dining List](#)





Article Comment Submission Form

Please feel free to submit your comments.

Article comments are not posted immediately to the Web site. Each submission must be approved by the Web site editor, who may edit content for appropriateness. There may be a delay of 24-48 hours for any submission while the web site editor reviews and approves it.

Note: All information on this form is required. Your telephone number is for our use only, and will not be attached to your comment.

By clicking Submit, you agree to the Westvalleyview.com [Terms of Use](#).

You may put paragraph breaks in your comments by using the code.

PLEASE NOTE: If you wish to contact the writer of the story, use the email address listed above. These comments are read for approval only and are not read by the writers.

Submit an Article Comment

First Name:

Required

Last Name:

Required

Telephone:

Required

Email:

Required

Comment:

Required

Passcode:

Required

[Click here to see a new mix of characters.](#)

This is an anti-SPAM device. It is not case sensitive.

Submit

Reset



No material may be copied for commercial use. All Rights Reserved.
Software © 1998-2011 1up! Software, All Rights Reserved