



MEDIA RELEASE

FOR IMMEDIATE RELEASE

March 18, 2024

Free “Health and Harmony” Wellness Workshop for Parents, Caregivers & Professionals

The Green River Area Community Collaboration for Children (CCC) will host a free workshop for parents, caregivers and professionals this Friday, March 22nd, from 8:00 a.m. to 12:30 p.m. at HIS Church. The workshop, titled “Health and Harmony: Cultivating Wellness for Individuals and Communities”, features three panels covering different topics relating to wellness.

Ken Caselden, Licensed Professional Clinical Counselor at Freedom Wellness Center, will explore ways to improve the mental health and lifestyles of our families and communities. Dr. Heather Johnson, a pediatric doctor at Owensboro Health Regional Hospital, will discuss signs and symptoms to look for that may indicate a child is experiencing abuse or neglect. Finally, the University of Kentucky College of Education will present on their #iCANendthetrend program, a peer-to-peer model of tobacco use prevention services for youth, families and community members in Kentucky.

“This workshop has a great lineup of speakers,” said Green River Area CCC Program Administrator Maria Shyver. “Anyone in the community who interacts with children and families could benefit from this workshop. It’s all about how to enhance wellbeing.”

A light breakfast and coffee will be served. HIS Church is located at 4810 Frederica Street, Owensboro, Kentucky. Funding is in whole or in part from federal, CHFS, or other state funds.

For more information, contact:

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The Green River Area Development District (GRADD) is a regional planning agency and council of governments serving the communities of Daviess, Hancock, Henderson, McLean, Ohio, Union, and Webster counties. GRADD offers assistance in the fields of aging, health, and social services; community and economic development; transportation planning; and workforce development. Our mission is to afford local governments and citizens a regional forum to identify issues and opportunities, and to provide leadership in planning and implementing programs to improve the quality of life in our district.