

# South Nassau Hospital's 5K Run/Walk & Multicultural Health Fair

Under overcast skies, more than 1,200 members of the community, which included 600 runners, turned out for South Nassau's 5K Run/Walk & Multicultural Health Fair on Sunday, September 28. Runners, staff and fair participants alike thanked Mother Nature for sparing them from the soaking rain that began as the fair ended.

Dozens of South Nassau employees volunteered their time to provide participants with blood pressure, cholesterol and prostate cancer screenings. Staff also offered cardiovascular risk assessments and helped to raise awareness of heart disease and cancer.



*South Nassau race winners Anna Margoth Escamilla, R.N., O.R., and Manuel Baena, therapy aide, SMART Center, pose with Joseph A. Quagliata, president and chief executive.*



*Pediatrics offers participants pointers on helping their children make smart food choices.*



*The Radiation Oncology staff provides information about the diagnosis and treatment of prostate cancer and screening tests for the disease.*



*SIBSPlace employees help participants learn healthy living habits by letting them spin the "Wheel to Good Health and Exercise Activity."*



*International Nursing expands the horizons of participants with their "Know Your Global Neighbors" display and craft table.*



*Members of the Admitting staff explain the ins and outs of admission to a hospital and admitting procedures.*



*Staff shares information about the forms of pain and the management of acute and chronic pain.*



*The cardiovascular staff raises awareness of heart-healthy living.*



*Lab personnel perform cholesterol and prostate cancer screening tests.*



*The Community Education staff takes a breather from coordinating health fair duties.*



*The Complete Women's Imaging Center disseminates information about the importance of performing breast self-exams and early detection of breast cancer.*