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Inaugural ‘Focus on You’ expo draws healthy crowd

More than 200 South Burnett residents have learnt valuable lessons about improving their health at a recent expo held in Murgon.

The inaugural ‘Focus on You’ expo was aimed at educating the community about the number of health services available in the local area.

A highlight of the event was a cooking demonstration by celebrity chef, Matt Golinski.

South Burnett Palliative Care Coordinator, and member of the Community Health Team, Vivette White said the expo’s attendance exceeded all expectations.

“It was great to see so many local people attend to learn not only about their local health services, but also about practical tips to improve their health,” Ms White said.

The twilight event featured more than 20 local health provider information stands, as well as free blood sugar and cholesterol testing and presentations about chronic disease and heart health.

“As expected, Matt's presentation and subsequent cooking demonstrations were really well received,” Ms White said.

“His passion and enthusiasm for healthy, locally sourced food hopefully inspired others to follow his example.”

Ms White said community feedback about the expo was so positive that it indicated a need to hold a similar event each year.

The expo was organised by South Burnett Community Health Nurses, including Kathy Crane, June Rutter, Vivette White, Kylie Thompson, Rachael Finnigan and Marcia Hunt, with funding provided by the Wondai Hospital Auxiliary and support from the Burnett Inland Economic Development Organisation (BIEDO).

Ends

Caption: Members of the Murgon ‘Focus on You’ health expo organising committee (from left) Kathy Crane, Vivette White and June Rutter with celebrity chef Matt Golinski.

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