

The 1st Annual Cuba Schools Health and Wellness Fair was a great success for students, teachers and community members. Fair-goers had fun learning and experiencing interactive activities to help them be strong in body, mind, and spirit. Fair presenters from around the region encouraged all participants to experience health in new ways

Students and teachers from all Cuba district schools were given a “Health Passport” that encouraged participation in the eight health areas of the fair. Be Fit!, Healthy Earth, Healthy Food, Healthy Body, Just Be Happy, Our Community, Safe and Healthy Living, and Staff Wellness. The passports were redeemable for fun prizes that were partially donated by the Navajo Nation Coordinated School Health Program.

There were a variety of exhibits, so after using their muscles and mental strength to climb and repel off the 30ft rock climbing wall fair-goers could grindfresh peanuts into butter to eat with apple slices. Fair presenters like the Navajo Nation Special Diabetes Project and the Sandoval County Health Alliance offered nutritional information and blood sugar checks. Booths like “Natural Remedies to Lift Depression” and the “BMI/Blood Pressure Check” offered information that educated participants about the benefits of healthy living.

With the help of the Cuba Police Department, students were excited by the Albuquerque Police Department helicopter landing and our local Volunteer Fire Department truck, which allowed them to climb aboard and blow the sirens.

The fair also offered interactive experiences that focused on a healthy Earth and the preservation of our natural resources. The New Mexico Environmental Safety Department set-up a water testing booth and collected samples to test for community members who came with jars of water.

Community organizations like Nacimiento Medical Foundation offered information about their Financial Literacy program and Utility Bill assistance programs.

NMSU Cooperative Extension Services explained high altitude gardening. This complimented Dr. Suzanne Norman’s efforts in raising awareness and money to begin Cuba’s first community garden. Fair participants could support the community garden by buying a starter plant for 25 cents. Everyone was offered a cup of soil and seed to grow at home.

Information about the harmful effects of drugs and alcohol were presented by the Cuba High School Chapter of Students Against Destructive Decisions (SADD), White Eagle Counseling, and Sandoval County’s DWI Prevention Department.

Fun fitness games were organized by the Cuba Forest Service Ranger District to remind us that strong bodies are needed to keep our forests healthy and safe. The Fit Corner complimented Cuba PMS clinic’s booth that gave facts on food calories and exercise.

Clay, markers, paper and local artists/teachers, Marion and Gale, encouraged healthy emotional expression and promoted art as a health concept

On behalf of the CSWC staff we'd like to thank both presenters and participants for making this fair a community success. A special thank you goes to Public Health nurse, Pat Givens, and Cuba School nurses Carol Chase and Julia Gutierrez for their guidance and enthusiasm. Finally, thank you to community member Winona Ward for her support and relentless drive to help transform Cuba into a healthy and vibrant community.

We hope to see everyone again next year underneath the tent, ready to show their commitment to well-being.