

# West Valley VIEW

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## 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](http://www.estrellamountain.edu/expo).

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