

**MEDIA RELEASE**

January 18, 2023

Know Your Numbers Program Launches at Wonderful College Prep Academy in Delano

The Kern County Public Health Services Department will launch our free Know Your Numbers program at the Wonderful College Prep Academy on Thursday, January 19. This traveling program offers two health screenings informing participants of their body mass index, blood pressure, blood glucose, and cholesterol levels both before and after six weeks of nutrition coaching from our Public Health Nutritionist and fitness classes.

The community is invited to join us Thursday, January 19 between 4:30 PM to 5:30 PM for the initial health screening and kick-off. Fitness and nutrition classes will be held Thursdays from 4:30 PM to 5:30 PM from January 26 thru February 23, and the final health screening will be on March 2.

Visit <https://kernpublichealth.com/knowyournumbers/> to learn more about this exciting program.

“Joining Public Health’s Know Your Numbers program is a great way for the residents of Delano to kick-off 2023. Public Health is launching this traveling six-week program providing free nutrition and fitness coaching in partnership with Delano Wonderful College Prep Academy, and I encourage residents to take advantage of this life-changing opportunity.”

David Couch, 4th District Supervisor of the Kern County Board of Supervisors

“We are thrilled to partner with the Wonderful Company again, as we collaborate to bring our Know Your Numbers program to the residents of Delano.”

Brynn Carrigan, Director of Kern County Public Health

“I cannot express how successful your program has been in Lost Hills, the community has nothing but great things to say. Your workshop has made great impact on our community. You have an amazing team and they have managed to pull in great attendance, actually the best attendance of all our workshops. Great job!”

Griselda Cormier, Wonderful Family Resource Center

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