

WellWorks sponsors weekly radio show offering tips for healthy living

WellWorks fitness and nutrition center has teamed up with the Athens City-County Health Department and broadcaster WATH (970-AM and 97.1-FM) for a weekly radio show aimed at helping listeners accomplish their health goals.



The new interactive call-in show, “Make it Happen with Kim and Ruth,” airs Wednesday mornings at 10:06. It’s hosted by WellWorks Director Kim Valentour, along with Ruth Dudding, health education coordinator for the Athens City-County Health Department.

The show is informal and conversational, with topics that have included preparing for the holiday cookie exchange, New Year’s resolutions, and tips for going green at home, and winter comfort foods such as soups and stews. Callers submit questions and comments to the studio at 710-592-6646.

WellWorks, housed in Grover Center, is operated by the College of Health Sciences and Professions and employs many students majoring in health-related disciplines.

-- Jody Grenert