



## Knox County Health Department

140 Dameron Avenue, Knoxville, TN 37917

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### **Knox County Health Department Introduces ‘Wellness Wednesdays’**

*Knox County, Tenn.* – The Knox County Health Department (KCHD) has launched a new weekly segment on social media, titled “Wellness Wednesdays”. Each week, the segment offers helpful tips and expert resources, including easy recipes, practical exercises and stress-reducing techniques, all designed to improve the mind, body and overall health.

KCHD is filled with experts in a variety of public health fields. With nutritionists, nurses, dentists, and environmental health specialists, they bring a credibility and authenticity to the wellness tips.

Follow along on KCHD’s social media platforms, including [Twitter](#), [Facebook](#), and [Instagram](#) to receive weekly health tips from experts. Tune in this Wednesday to learn from Mikaela McIver, nutritionist at KCHD about how to turn your daily goals, such as eating healthier or exercising more, into S.M.A.R.T. goals.

#### **About Knox County Health Department:**

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. For more information, visit [knoxcounty.org/health](http://knoxcounty.org/health).

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