

Health awareness campaign

Date: July 23, 2026

Timeline

07:30 – 08:15 Mobile Clinic Arrival and Equipment Setup

Mobile medical units arrive on site to set up diagnostic gear, screening stations, and private consultation spaces. Volunteers assist in unpacking outreach materials and erecting banners.

Location: Central City Plaza

08:15 – 08:45 Staff and Volunteer Orientation

Medical personnel, safety marshals, and local volunteers gather for a briefing on the day's schedule and patient flow. Operational guidelines and emergency protocols are reviewed.

Location: Information Tent A

08:45 – 09:15 Official Campaign Opening Remarks

Local health officials and community leaders inaugurate the health awareness day with brief speeches on preventative care. The public is welcomed and invited to participate in free health screenings.

Location: Main Stage

09:15 – 11:15 Mobile Clinic General Health Screenings

Nurses and doctors conduct free blood pressure checks, glucose tests, and vision exams for community members inside the mobile units. On-site counselors provide immediate feedback and referrals.

Location: Mobile Medical Units

11:15 – 12:15 Nutrition and Hydration Activation Stations

Interactive booths offer practical cooking demonstrations and advice on maintaining a balanced diet on a budget. Attendees can sample healthy smoothies and test their nutrition knowledge for prizes.

Location: Interactive Booth Zone

12:15 – 13:15 Community Healthy Lunch Break

A complimentary nutritious meal is served to attendees, volunteers, and clinical staff. Healthy eating guides and recipe pamphlets are distributed alongside food service.

Location: Community Dining Area

13:15 – 14:45 Neighborhood Outreach Walk

Teams of health advocates walk through nearby residential neighborhoods to distribute health education flyers. They engage local residents directly and invite them to visit the afternoon stations.

Location: Surrounding Residential District

14:45 – 15:45 Hands-On First Aid and CPR Demonstration

Paramedics demonstrate basic CPR techniques and emergency first response for everyday medical situations. Participants get hands-on practice using medical training dummies under expert supervision.

Location: Workshop Pavilion

15:45 – 16:30 Mental Wellbeing & Stress Management Panel

Mental health professionals discuss practical strategies for managing stress and reducing social stigma around therapy. A moderated Q&A session allows audience members to ask questions anonymously.

Location: Main Stage

16:30 – 17:15 Community Fitness and Zumba Activation

A certified instructor leads an energetic open-air aerobics and dance session suitable for all age groups and fitness levels. Music and instructor guidance encourage active public participation.

Location: Central Lawn

17:15 – 17:45 Volunteer Recognition and Closing Ceremony

Organizers present certificates of appreciation to medical personnel and community volunteers. Final screening statistics are shared, concluding the campaign on a festive note.

Location: Main Stage