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For Immediate Release: September 1, 2026

Harvest Healthy Habits Brings Free Family Fun and Health Resources to the Community

SHELBY, NC – Families are invited to attend **Harvest Healthy Habits**, a free community event on **Saturday, September 19, from 11:00 a.m. to 2:00 p.m.** at the **Cleveland County Health Department**.

This family-friendly event is designed to promote healthy living while connecting residents with valuable health resources available throughout the community. Attendees can enjoy free food, face painting, balloon art, inflatables, giveaways, and activities for all ages.

In addition to the fun, community members will have access to free blood pressure and diabetes screenings, as well as information from local organizations offering health-related services and programs. Students can also receive school-required immunizations, making the event a convenient opportunity following the start of the new school year.

"Harvest Healthy Habits is an opportunity for families to enjoy a fun day together while learning about services that support healthier lives," organizers said. "We encourage everyone to come out, take advantage of the free screenings and fun activities, and discover the many resources available in our community."

The event is free and open to the public.

Event Details

What: Harvest Healthy Habits

When: Saturday, September 19, 11:00 a.m.–2:00 p.m.

Where: Cleveland County Health Department – 200 S Post Rd, Shelby, NC

Cost: Free

Community members of all ages are encouraged to attend, enjoy the activities, and take steps toward better health.

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