

Fabian Belgara

When you were asked to participate in the barber shop with these medical students, did you have any expectations?

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I didn't have no, nothing like that I just thought it'd be cool to like get everybody aware of you know blood pressure and all that stuff you get a little older you got to start paying attention to you know thought that'd be pretty neat to offer that to everybody that comes in the shop.

Now that they have been here, what feedback do you get from your clients?

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We've had a couple people ask about it like some people I guess they found out that they had high blood pressure and kind of help them eat better and change their diet habits and stuff like that. So I had some people talk about it though.

Has this Barber Shop Project impacted you and your health?

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It actually has when I the last time I did it, it was it was elevated. So I kind of like switched up my diet, not eat as much, not as late, drink more water. And it has dropped a lot. So it's been a big difference.

As you work in your barber shop, when the medical students are there and when they are not, have you also become an advocate for your clients' and others' health?

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Oh, yeah, I talked to a couple customers in the chair like you know, how you been? how your health been? you doing good? Typical questions, you ask your customer now. So I kind of added that in there now. Like, you know, make sure they're aware of stuff like that.

What is the best part of being a part of this with the medical students?

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The best part is just like, get people to understand it and like that person can tell the next person and can just be a chain reaction to help other people down the road.