



Press Release
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Reeves Regional Health Encourages Healthy Fourth of July Celebrations

Holiday wellness starts with balance and moderation.

PECOS, Texas (June 22, 2026) — As families across Reeves County prepare for cookouts, fireworks, travel and community gatherings, Reeves Regional Health is encouraging residents to celebrate the Fourth of July with a focus on wellness, safety and moderation.

The holiday is often filled with favorite foods, desserts, sugary drinks and alcoholic beverages. While those traditions are part of the celebration, Reeves Regional Health reminds residents that small choices throughout the day can help prevent dehydration, overeating and other concerns that can leave people feeling unwell after the holiday.

This year's celebration also carries special meaning as the nation prepares for July 4, 2026, when the United States will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. The national milestone offers a meaningful opportunity to reflect on freedom, community and the importance of caring for one another.

"The Fourth of July is a meaningful time for our country and for families throughout our community," Brenda McKinney, CEO, said. "As we prepare to celebrate America's 250th anniversary, Reeves Regional Health wants to remind everyone that taking care of yourself and the people around you are also part of enjoying the holiday. We want our community to celebrate, but we also want everyone to return home safely and feel their best after the weekend."

For many people, Independence Day gatherings include long afternoons outdoors, large meals and more snacking or drinking than usual. None of those things have to be avoided completely, but moderation can make a difference.

Dimgba Prince, Dietitian at Reeves Regional Health, said a healthy holiday does not mean skipping every favorite food. Instead, he encourages people to think about portions, hydration and pacing themselves throughout the day.

"A healthy holiday is about balance," Dimgba said. "You can enjoy the foods that are part of your family traditions, but you do not have to overdo it. Smaller portions, plenty of water and a little planning can help you enjoy the celebration without feeling uncomfortable later."

Dimgba said one of the most common mistakes people make before a large holiday meal is skipping breakfast or lunch in an effort to "save room" for the cookout.



“When people go into a celebration overly hungry, they are more likely to eat too much too quickly,” Dimgba said. “Starting the day with something balanced, such as protein, fruit, whole grains or other high-fiber foods, can help you make better choices later.”

At family gatherings, a balanced plate can include lean protein, fruits, vegetables and reasonable portions of higher-calorie sides or desserts. People also should be mindful of sugary drinks, which can add calories quickly and may not help with hydration in the heat.

Water is especially important during a West Texas summer. Dimgba encourages residents to drink water before they feel thirsty, alternate water with other beverages and pay attention to how much time they are spending outdoors.

“Hydration is one of the easiest things to overlook during a holiday,” Dimgba said. “If you are outside, grilling, playing games, traveling or watching fireworks, keep water nearby and drink it throughout the day.”

Alcohol also should be handled with caution, especially in hot weather. Alcohol can contribute to dehydration, impaired judgment and preventable accidents. Adults who choose to drink should do so responsibly, avoid drinking on an empty stomach, alternate alcoholic beverages with water and make transportation plans before the celebration begins.

“Planning ahead is one of the best ways to protect yourself and others,” McKinney said. “If alcohol is part of your celebration, designate a sober driver before the event begins. If you are traveling, wear your seat belt, give yourself extra time and stay alert on the road.”

Food safety is another important part of holiday wellness. Perishable foods should not sit out for long periods, especially in high temperatures. Cold foods should be kept cold; hot foods should be kept hot and leftovers should be stored properly. Anyone preparing food should wash their hands often and take care to avoid cross-contamination when handling raw meat.

Reeves Regional Health also encourages residents to take precautions around fireworks, grills and outdoor activities. Children should be closely supervised, fireworks should be handled only by responsible adults following local rules and grills should be kept away from buildings, dry grass and high-traffic areas.

Heat-related illness is another concern during July celebrations. Residents should use sunscreen, wear lightweight clothing, take breaks in the shade or air conditioning and check on children, older adults and people with chronic health conditions. Symptoms such as dizziness, nausea, headache, confusion, weakness or excessive thirst should not be ignored.

Reeves Regional Rural Health Clinic will be closed Friday, July 3, in observance of Independence Day. At the hospital, outpatient services and the main lobby also will be closed. Hospital visitors should enter through the ER entrance for a paper visitor badge and access to the lobby, elevators and stairs.



As the community prepares to celebrate the Fourth of July and America's 250th anniversary of independence, Reeves Regional Health extends its best wishes for a safe, healthy and meaningful holiday.

"Enjoy the day, enjoy the people around you and enjoy the foods that make the holiday special," McKinney said. "Just remember that small choices throughout the day can help you feel better, stay safer and make the celebration more enjoyable."

About Reeves Regional Health

Reeves Regional Health (RRH), a non-profit Level IV Trauma Center in Pecos, Texas, has been caring for Reeves County and surrounding West Texas communities since 1954. In 2022, the hospital opened its new facility, combining modern technology with the warmth of hometown care. In 2025, RRH was recognized as one of the Top 100 Critical Access Hospitals nationwide and also earned National Recognition as a Center of Excellence in Surgical Safety by the Association of periOperative Registered Nurses (AORN).

Our Mission and Vision: We are committed to exceptional care through servant leadership and strive to be the trusted beacon of health in our region—enhancing quality of life through innovation, compassion, and excellence. Guided by our WECARE values—Wellness, Excellence, Compassion, Accountability, Respect, and Equality—we put patients and families at the heart of everything we do.

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