

National Public Health Week 2010 news release

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Contact: Ericka Klingner, Administrator

660-947-2429 ext 25, klinge@lpha.mopublic.org

Health officials urge Putnam County residents to help build a healthier community

National Public Health Week is April 5-11

By eating right, exercising more and maintaining a healthy weight, communities across Missouri are changing habits to stay healthy and improve their quality of life.

Putnam County Health Department is urging Putnam County residents to embrace healthy lifestyles. Smart choices improve the lives of their families, their communities and themselves. And they help prevent Missouri's leading causes of premature death and disability – heart disease, stroke, diabetes and certain types of cancer.

April 5-11 marks National Public Health Week, with the theme, A Healthier Missouri: One Community at a Time.

“Healthy communities start with healthy individuals,” said health department administrator, Ericka Klingner. “We all need to do the things that not only improve our health and add years to our life, but add to the health of our community as a whole.”

The Putnam County Health Department will be doing the following in recognition of Public Health Week:

- April 6 from 11 am to noon, Blood Pressure Clinic at PC Café and Resource Center.
- April 8 from 8 am to 9:30 am, **half-price** cholesterol checks at the health department, appointment required.
- April 9 from 8 am to 10 am, **FREE** blood sugar screenings at the health department, no appointment necessary.
- April 13 from 11 am to 1 pm, Blood Pressure Clinic at the Unionville Sale Barn.
- Stop by anytime the weeks of April 5th and 12th for a blood pressure screening and have your name entered in a drawing to win a free blood pressure cuff. Drawing will occur on April 16th.

More information about healthy choices and the Live Like Your Life Depends On It program can be found at: www.lifedependsonit.com.

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