

Healthy County Month begins April 2010

Written by The Office of the Commissioners
Wednesday, 07 April 2010 10:48

Kittanning, PA –April 1, 2010 Commissioners Proclaim April 2010 as Healthy County Month.

At today's Public Meeting the Armstrong County Board of Commissioners proclaimed April 2010 as Healthy County Month.

Several members of HEALTHY Armstrong were in attendance to accept the proclamation and describe the ongoing efforts to promote healthy habits throughout the community. In honor of the National Association of Counties' (NACo) 75th Anniversary a nationwide effort has been kicked off declaring April 2010 as Healthy County Month. In honor of their initiative, Armstrong County has started the program 30 Days, 30 Ways to a Healthy You! Everyone is invited to join in as we journey through April on a path to wellness. Kay Owen of HEALTHY Armstrong explained that the county website at co.armstrong.pa.us and the HEALTHY Armstrong website at healthyarmstrong.org will have calendars with daily activities for all ages and abilities. There are also tips, recipes and quotes for everyone to enjoy. Ms. Owen stated that she is very proud that Armstrong County is the first WE CAN! County (Ways to Enhance Children's Activity and Nutrition) in the nation! Join in and see what 30 Days and 30 Ways can do to improve your health!

~ submitted by Kathleen Rashlich



The Commissioners and members of Healthy Armstrong left to right: Commissioner Rich Fink,

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Gary Montebell, Commissioner Patty Kirkpatrick, Dr. Hal Altman, Kay Owen, Jodi Beers, Michelle Tallman, Devin Lorigan, Commissioner Jim Scahill

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For Immediate Release

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