



McLean County
Health Department
Partners in Prevention

NEWS



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FOR IMMEDIATE RELEASE
March 31, 2017

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McLean County Health Department Invites the Community To Participate in National Public Health Week

Residents encouraged to be a part of the movement for change

BLOOMINGTON, IL- The McLean County Health Department wants residents to consider their health and the health of their family, friends, and neighbors next week during the celebration of National Public Health Week (April 2th until April 8th) by getting involved. Residents are encouraged to participate in the health department’s annual Downtown Walk Around on Friday, April 7th. The walk is one way residents can rally around a goal of making the U.S. the Healthiest Nation in One Generation.

All steps, big or small, help improve health. Whether you have 15 minutes or an hour, plan to participate in a healthy walk around downtown Bloomington between the hours of 11 a.m. and 1 p.m. Registration will be set-up at the McLean County Museum of History and all registered walkers will be eligible to receive 50% off a Subway sandwich lunch order that day at the downtown Bloomington Subway store. Walkers choose their own walking route, start time and finish time, and pace, so there’s no pressure keep up with a big group.

In addition to the Downtown Walk Around, the health department will be posting information on social media each week day of National Public Health Week about the value of public health as it relates to the themes below:

- Monday (April 3rd): Environmental Health
- Tuesday (April 4th): Infectious/Communicable Disease
- Wednesday (April 5th): Chronic Disease and Nutrition
- Thursday (April 6th): Behavioral Health
- Friday (April 7th): Physical Activity

National Public Health Week is organized by the American Public Health Association (APHA) to bring together communities across the United States to recognize the contributions of public health and highlight issues that are important to improving our nation. Follow the health department on Twitter (@McLeanHealth) and “Like” the organization on Facebook (Facebook.com/McLeanHealth), for information about public health affecting you.

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