



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department  
*"Promoting Healthy Families, Healthy Communities"*

For more information, please call: (989) 773-5921 ext. 8440  
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, [www.cmdhd.org](http://www.cmdhd.org)

**To: Local News Media**

**From: Central Michigan District Health Department**

**Release Date: May 17, 2013**

**RE: Together We Can: Community Health Hero**

Do you know of a business, restaurant, school, or other type of business going ABOVE AND BEYOND in supporting health and wellness in the community? The Central Michigan District Health Department and the Together We Can Health Improvement Council is giving you the opportunity to nominate a Community Health Hero to be awarded for their work. This could be a business providing employee perks for health and wellness, restaurants providing calories/nutritional information on the menu, or schools who encourage health education or healthy school lunches. Do not feel limited to these categories, these are simply examples. The goal is to recognize those who are working to improve the health and wellness in our local community. Nominations will be reviewed by a committee and awarded on a quarterly basis. Awardees will receive a window decal as well as a certificate. There will be one grand prize winner awarded annually at the Public Health Summit every spring. Grand prize winners will receive a trophy and a write up in the local newspaper. Please visit <http://www.together-we-can.org/healthhero> to download a nomination form. Completed forms should be mailed to:

Central Michigan District Health Department  
Attn: Allison Dunn  
2012 E. Preston Avenue  
Mt. Pleasant, Michigan 48858

If you have any questions about this award program or the nomination form, please call 989-773-5921 x 8413.

If you would like an opportunity to get involved in improving health and wellness in your community, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at [www.together-we-can.org](http://www.together-we-can.org) or email us at [TogetherWeCan@cmdhd.org](mailto:TogetherWeCan@cmdhd.org).

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and LIKE Central Michigan District Health Department on Facebook.

###