



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
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To: Media

From: Central Michigan District Health Department

RE: Community Transformation Grant - Commission on Aging Partner Agreements

Release Date: June 2013

Community Transformation Grant - Commission on Aging Partner Agreements

Central Michigan District Health Department (CMDHD) has received a Community Transformation –Small Communities Grant from the Centers for Disease Control and Prevention. This grant provides funding for our community to implement aspects of the CMDHD's Community Health Improvement Plan, including funding to increase access to 30 minutes of daily physical activity for adults 65 years and older. There is strong evidence that increasing levels of daily physical activity improves weight status among adults age 65 years and older.

It is with excitement and pleasure that Central Michigan District Health Department announce their partnership with area aging agencies for this initiative.

**Isabella County Commission on Aging
Osceola County Commission on Aging
Gladwin County Council on Aging**

Through these partnerships, we can improve health and reduce obesity by creating healthier communities which empower people to make healthy choices and adopt good health as a core personal value.

If you would like an opportunity to get involved in improving health 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 or email us at 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 and LIKE Central Michigan District Health Department on Facebook.

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