



GCCHD
Greene County Combined Health District

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News Release

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Greene County Combined Health District Partners with Women's Recovery to Present Award

(XENIA, OH) The Greene County Combined Health District (GCCHD) and the Women's Recovery Center are pleased to present **Central Middle School** with the 2008 Santa Run School award. Nine students from Central Middle School ran the race on Dec. 6, 2008. They competed against 9 students from Warner Middle School. All 18 students completed the race. The students at Central had a lower average time for completing the 5K race. The award ceremony will be held on Thursday, January 29th at 1:30 p.m. at Central Middle School

The Let's Run program, in its 5th year, trains middle school students to complete a 5K race. The program falls under the Greene County Fitness Task Force and the GCCHD. Students, GCCHD staff and adult volunteers meet twice a week for 12 weeks to prepare the students for the race. Topics such as running form, safety, weather issues, healthy nutrition, tobacco use prevention and principles of exercise are presented to the students as part of the program.

The next meeting of the Greene County Fitness Task Force will be Monday, March 9, 2009 from 3:00 to 4:00 p.m. at the GCCHD offices. The meeting is open to all.

For more information, please call Sara Pappa at (937) 374-5662.

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Healthy People...Healthy Communities

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