



GCCHD
Greene County Combined Health District

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News Release

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Greene County Fitness Task Force Meeting **To be Held March 9, 2009**

(XENIA, OH) The Greene County Fitness Task Force will hold its bimonthly meeting on Monday, March 9, 2009 from 3:00 – 4:00 p.m. at the Greene County Combined Health District (GCCHD) office, 360 Wilson Dr., Xenia, OH 45385. The meeting is open to all interested parties.

The Task Force is charged with encouraging Greene County residents to be healthier—to move more and to eat less. Projects of the Task Force include an after-school running program for middle school students, family fitness challenges, maintenance of a fitness resource guide (Greene Space for Fitness and Fun) and the Healthier Me program. Physical inactivity and poor nutrition habits take their toll on communities in the form of increased incidence of overweight and obesity, diabetes, heart disease and even some cancers. The GCCHD has been committed to this health issue for the past 5 years and will continue to address it as needed.

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

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Healthy People...Healthy Communities

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