

April 4, 2016

CELEBRATE NATIONAL PUBLIC HEALTH WEEK, APRIL 4-10, 2016

Contact: Tiffani McDaniel
Media Desk: 407-665-3374 (office) and 321-200-7805 (cell)



Sanford, Fla. – The Florida Department of Health in Seminole County (DOH-Seminole) encourages everyone to focus on living a healthy lifestyle during [National Public Health Week](#), celebrated this year from April 4-10.

In its 21st year, National Public Health Week, sponsored by the American Public Health Association (APHA), seeks to educate the public, policy-makers, and public health professionals about issues important to improving public health. National Public Health Week was established in 1995 as a way to recognize the contributions of public health workers and the services they provide.

“Changing our health means ensuring conditions that give everyone the opportunity to be healthy,” said Dr. Swannie Jett, Health Officer for DOH-Seminole. “Health must be a priority in designing our communities, from affordable housing to parks and playgrounds. We need lower levels of violence so everyone can safely live, work, learn and play.”

In observance of National Public Health Week, DOH-Seminole will host the 2nd Annual Live, Work, Move Seminole 5K on Saturday, April 9, 2016. The 5K and free kid’s 100 meter dash race will take place from 7:30 a.m. to 11 a.m. at Riverwalk/Fort Mellon Park, 600 East 1st Street, Sanford, Florida.

“We are excited to host the 5K run/walk to promote and reward healthy lifestyles,” said Venise White, Manager for DOH-Seminole’s Office of Health Promotion and Education. “This event is held annually to support walkers and beginner runners with an opportunity to set fitness goals and celebrate their achievement by crossing the race finish line. Every race participant is a winner and will receive a medal.”

Awards and recognition will be given to registered teams with the most participants in the following categories: school with the most students, teachers, administrators and staff; employer with the most employees; faith-based community with the most members; neighborhood community with the most residents; and social, recreation or fraternal group with the most members.

[Registration](#) is \$25 per person and includes a finisher’s medal, t-shirt and race swag bag. For more information about individual registration, please visit www.SeminoleCoHealth.com. For more information about sponsorship and group registration, please contact Venise White at 407-665-3008 or Venise.White@flhealth.gov.

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