

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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**SEMINOLE COUNTY CELEBRATES NATIONAL PUBLIC HEALTH WEEK
WITH THE LIVE, WALK, MOVE SEMINOLE 5K**

SANFORD – The Florida Department of Health in Seminole County is ending National Public Health Week celebrations with the Live, Walk, Move Seminole 5K event taking place on Saturday, April 11, 2015 starting at 8 a.m. at the Sanford Riverwalk/Fort Mellon Park located at 600 E. 1st Street in Sanford.

The Health Council of East Central Florida, Healthy Seminole Collaboration and various community partners and healthcare providers have partnered with the Florida Department of Health in Seminole County to bring the community an educational, energetic and motivational health event.

“Our organization is excited to host the first annual 5K run/walk to reinforce the importance of being proactive and make fun and healthy choices,” said Dr. Swannie Jett, health officer of the Florida Department of Health in Seminole County. “Everyone is invited to the Sanford Riverwalk to move towards better health and enjoy a family fun day.” Venise White, race coordinator and grants administrator of the Florida Department of Health in Seminole County, is also looking forward to the City of Sanford’s presentation of the Live, Work, Move Seminole Day proclamation and our recognition to the City of Sanford for being one of the Healthy Weight Community Champions.

The event targets the residents and employees of Seminole County and Central Florida. All finishers will receive a commemorative finisher’s medal, t-shirt, back pack and opportunity to participate in yearlong health challenges, free health screenings and receive educational materials to stay healthy and make Seminole County the healthiest county in Florida! Preregistration is now closed, however, onsite registration is \$30 and opens at 6:30 am the morning of the race at Fort Mellon Park. The health and fitness expo is free. Race information is available at www.seminolecohealth.com.

Awards and recognition will be given in the following categories in Seminole County, so please be sure to register with only one designated group if applicable: Employer with the most employees participating in the race, School with the most students and staff participating in the race, Faith-based Community with the most members participating in the race, Neighborhood Community with the most residents participating in the race and Social, Recreation or Fraternal Group with the most members participating in the race.

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