

HEALTHY REVOLUTION NEWS

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National Women's Health Week
May 11 - 17, 2014



Get Fit with the Health Officer

Join Prince George's County Health Department's Health Officer Pamela Creekmur and Radio One's on-air personality Cortney Hicks for a family-friendly evening of fun and fitness on April 24th, May 22nd, and June 26th from 7 – 9 p.m. Ms. Creekmur and Ms. Hicks will appear at the Prince George's County Sports and Learning Complex to engage in an action-packed, fun-filled evening designed for participants to find their own "Healthy Revolution." [More.](#)

Forestville High School "Community Day" on April 26th

The Health Department's Healthy Eating and Active Living Initiative and the Parent, Teacher, and Student Association of Forestville High School, Forestville Military Academy, will host a "Community Day" on Sat., Apr. 26th, at the Centre at Forestville, 3393 Donnell Drive, District Heights. From 10 a.m. to 4 p.m., county residents are invited to enjoy a day designed for families, friends, and businesses to celebrate the school, partnerships and the neighborhood with a focus on health. [More.](#)

Get Up, Get Out, Be Active on Family Fitness Day, May 17th

On Sat., May 17th, county residents, friends, and families are invited to the North Forestville Community Center from 11 a.m. – 3 p.m. to participate in walking tours, high and low impact exercises, games, healthy eating demonstrations and health information workshops in honor of National Women's Health Week. Family Fitness Day promotes family involvement in physical activity as outlined in the U.S. Surgeon General's Report on Physical Activity and Health. [More.](#)

Calling All Young County Rap Artists for a Chance to Win Big Prizes in Annual Music Contest, Apr. 14th – May 19th

The 2nd annual "Give Drugs a Bad Rap" music contest is from Apr. 14th – May 19th. It is a peer-to-peer, anti-drug/alcohol contest that educates kids and parents about the dangers of nicotine, alcohol, marijuana, K2, and other illegal drugs through the power of music. Young artists residing in the county will have a chance to perform and submit original songs, poems, and raps telling why drugs and alcohol aren't a part of their lives. Spread the word! Help us give drugs a bad rap. [More.](#)