

# HEALTHY REVOLUTION NEWS

VOLUME 2, ISSUE 11 // 22 August 2014

[MyPGCHalthyRevolution.org](http://MyPGCHalthyRevolution.org)

<https://twitter.com/PGCHHealth>

2014-2015

health  
& wellness  
calendar

Prince George's County  
Health Department

More >



Be part of the  
**HEALTHY  
REVOLUTION**



## Health Department Debuts 2014-2015 Health & Wellness Calendar

The Health Department has released its 17-month 2014-2015 health and wellness calendar, beginning Aug. 2014 through Dec. 2015, and replete with health center locations; information on immunization; tips on eating healthier, breast cancer awareness, diabetes care; when and where to get your flu shots; health month observances; and more. To download the free calendar, [click here](#).

## September is Fruit and Veggies – More Matters Month

Eating more fruits and vegetables is one major way of being a part of the Healthy Revolution in Prince George's County. The Health Department's HEAL Initiative promotes knowledge and awareness of exercise and proper nutrition for county residents, while the U.S. Dept. of Agriculture's MyPlate nutrition guide provides for five food groups and recommends that half of the food on your plate should be fruits and vegetables.

## September 24: National Women's Health and Fitness Day USA®

National Women's Health and Fitness Day is an annual event established to empower women to take charge of their health by staying informed in order to make rational decisions, such as consuming plenty of fruits and vegetables, substituting sugary drinks for water, and engaging in regular exercise.

## September 27: Family Health and Fitness Day USA®

Family Health and Fitness Day is set aside to encourage families to exercise together as a fun and health activity. Families across the U.S. are encouraged to commemorate this event not only on Sep. 27, but as regularly as possible.

Prince George's County Health Department  
1701 McCormick Drive // Largo, Maryland 20774  
CTG@co.pg.md.us // Dial 311 for assistance



Rushern L. Baker, III  
County Executive



Be a part of the  
**HEALTHY  
REVOLUTION**