

HEALTHY REVOLUTION NEWS

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Mobile App Almost Here!

The Health Department has developed a mobile app for Health and Wellness. The mobile app enables residents to monitor their health and keep in touch with their healthcare providers. Stay tuned for more information on the Health and Wellness app.

Recipes on the Run!

The Health Department's Healthy Eating Active Living (HEAL) initiative and a local partner, the Capital Area Food Bank, present "Recipes on the Run," a series of virtual food demonstrations that are quick, easy, and affordable meals your whole family can prepare and enjoy in less than 30 minutes! Follow <http://capitalareafoodbank.org/or> to find a recipe and complete the brief survey.

Diabetes Awareness

The Health Department, in partnership with the Doctors Community Hospital, has launched the first in a series of on-line public awareness trainings called "On the Path to Health: Online Diabetes Awareness and Education Curriculum." The on-line training will expand the PGCHD's capacity to reach the 11% of county residents impacted by diabetes. The self-paced, web-based training will allow residents to learn about diabetes prevention and treatment in a user-friendly, interactive format.