To: All Media  
From: Sarah Kile, Central Michigan District Health Department  
RE: Health HERO Awards  
Release Date: August 2013

“LOCAL PEOPLE AND ORGANIZATIONS NAMED HEALTH HEROS”

In recognition of those who have gone above and beyond in promoting the health and wellness of the community the Together We Can Health Improvement Council named 9 local “Health HEROs”

These people and organizations have helped all of central Michigan become stronger and healthier! This award is on behalf of the Together We Can Council and wants to recognize local businesses, restaurants, schools, faith-based organizations, clubs, and other entities going ABOVE AND BEYOND in promoting the health and wellness of community members. The first winners of the Together We Can Health HERO award include:

- Karen LaBranche, of Curves in Houghton Lake, for consistently promoting a healthy lifestyles in Prudenville; she is also recognized for encouraging a spirit of helping others and positive socialism
- MI Works of Prudenville, for help with job training needs which lead to stronger community
- Catholic Human Services, for spreading hope and addressing substance abuse, a major risk factor for health issues
- Wee Care Shop and St. Vincent DePaul for their provisions of essential needs to families to stay healthy
- MSU extension office in Roscommon County, for their nutrition classes which teach participants about health and nutrition
- James Badgerow of Sterling, for starting a Thursday night running club, running marathons and regularly encourage members of his club and community to come out and walk or run
- The Mt. Pleasant Farmer’s Market, for 40 years of dedication, providing locally grown produce and increasing access to good nutrition
• Mid-Michigan Community Health Services, for their health focused summer camp for young people and their school based health clinics that increase access to medical care

Please visit www.together-we-can.org/healthhero if you would like to download a nomination form. Completed forms should be mailed to: Central Michigan District Health Department Attn: Allison Dunn 2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858
If you have any questions about this award program or the nomination form, please call 989-773-5921 x 8413

If you would like an opportunity to get involved to improve health and wellness, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan area. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

###