



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department  
“Promoting Healthy Families, Healthy Communities”

For more information, please call: (989) 773-5921 ext. 8440  
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, [www.cmdhd.org](http://www.cmdhd.org)

**To: Local News Media**

**From: Heather Cole, Central Michigan District Health Department**

**RE: Central Michigan District Health Department annual fundraisers**

**Release Date: Immediate**

**Central Michigan District Health Department  
Raises Over \$4,600 for Community Health Improvement**

Through the Together We Can 5K Trot and the 22<sup>nd</sup> Annual Women’s Golf Scramble, CMDHD has raised over \$4,600 for food distribution in six central Michigan counties

Central Michigan District Health Department (CMDHD) hosted two events in June to raise funds for community health improvement. The Together We Can Trot 5K was held on Saturday, June 8<sup>th</sup>. The 22<sup>nd</sup> Annual Women’s Golf Outing was held on Saturday, June 15<sup>th</sup>. About 200 people participated in the two events, which raised over \$4,600. The funds will be used to pay for food distributions in each of the six counties served by CMDHD, which are Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. These funds will provide healthy foods to approximately 1,800 individuals and families, and provide education and information about cooking and meal planning. These food distribution sites also connect people with other community resources aimed at ending hunger and poverty.

Together We Can is a community health improvement project that began in 2010 to improve the health of the more than 190,000 residents in central Michigan. Together We Can focuses on issues such as access to health care, healthy eating, staying physically active, safety, substance abuse, maternal and infant health, and much more.

If you would like an opportunity to get involved in improving health in your community, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at [www.together-we-can.org](http://www.together-we-can.org) or email us at

[TogetherWeCan@cmdhd.org](mailto: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](http://www.cmdhd.org) and LIKE Central Michigan District Health Department on Facebook.

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