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FIRST WEEKS OF COUNTY GOVERNMENT MONTH SHOW EXAMPLES OF COUNTY'S WORK TO PROMOTE HEALTHY FAMILIES

Catawba County will continue to observe National County Government Month during the early weeks of April with a series of activities that follow the theme of the month, "Healthy Counties, Healthy Families" and will include something for those looking to treat a health issue, avoid an unhealthy habit or improve mental and physical health with a walk in the outdoors.

"National County Government Month is sponsored by the National Association of Counties," said Dave Hardin, Catawba County's Public Information Officer. "The 2012 theme, "Healthy Counties, Healthy Families" is an excellent opportunity to show how county government programs improve the lives of citizens. We're using the month to put a spotlight on the kinds of programs and services offered year round by Catawba County that promote and support good health."

National County Government Month events during the first two weeks of April include:

Take Charge Of Your Diabetes- 6 p.m., Thursday, April 5, 2012, Agricultural Resources Center 1175 South Brady Avenue, Newton, NC 28658. Catawba County Cooperative Extension will present a discussion of the importance of foot care led by a local podiatrist. A free workshop but please call 465-8240 to register.

Give Your Heart A Healthy Beat- 12 Noon, Monday, April 9, 2012 at the Health First Center at Valley Hills Mall. Catawba County Cooperative Extension offers advice on how to be "heart healthy". Registration is required. Call 828-465-8240 for information or to register.

Get The Best For Less- 10 a.m., Thursday, April 12, 2012, Eastern Catawba County Cooperative Christian Ministries, 245 East N Street, Newton, NC 28658. Catawba County Cooperative Extension will offer advice and information on managing and stretching your shopping dollars.

Edible Landscaping- 6:30 p.m., Thursday, April 12, 2012 at the Main Branch Catawba County Library, 115 West C Street, Newton, NC 28658. Catawba County Cooperative Extension will share information on how to include edible plants in your landscape. Call 828-465-8240 for information.

Bird Walk at Riverbend Park- Beginning at 9 a.m. on Saturday, April 14 at Riverbend Park off Highway 16 North at the Catawba/Alexander County line. A park ranger will lead a walk over easy ground to see some of the birds flying through on migration or living in the park, which could include resident Bald Eagles, ducks and songbirds.

Several standing committees that are also continually working to promote healthy families will meet



during the early weeks of County Government Month. They include:

Access to Care Coalition- a monthly meeting of Catawba County Public Health's Health Partners community coalition focused on improving access to preventive care, specialty care, and prescription assistance.

Eat Smart Move More Catawba County Coalition- a monthly meeting of another Health Partners community coalition focused on healthy schools, mobile farmers markets, joint use agreements, and healthy childcare centers.

Cancer Task Force- the monthly meeting of a Health Partners community coalition providing colon and prostate screening education to at-risk populations.

A calendar of National County Government Month events in Catawba County has been created and may be accessed at <http://www.catawbacountync.gov/calendar/CGM.asp> or from a story on the front page of the Catawba County web site at www.catawbacountync.gov.

For more information, you may call the Catawba County Public Information Office at 828-465-8464 or e-mail dave@catawbacountync.gov.

