



County of Yolo

HEALTH DEPARTMENT

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For Immediate Release:

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National Public Health Week Starts Today! Celebrate Locally

Woodland, CA—National Public Health Week is April 6 – 12, 2009. Public Health Week recognizes the successes the public health system has made to improve the health of Americans. Public Health is credited with increasing the life span of the average American by 25 of the 30 years since the early 1900's. So come celebrate with us!

1. Public Health Hero Awards
Yolo County Board of Supervisors Meeting
April 7, 2009, 9 a.m.
625 Court Street
Woodland, CA
2. Join us for National Start Walking Day
Hosted 30 minute walk, starting at the Herbert Bauer Bldg
April 8, 2009, 8:30 a.m.
137 N. Cottonwood St., Health department entrance
Woodland, CA
Learn tips on how to get in daily exercise, and start a walking group. Free
3. Listen to Health Matters, a podcast featuring Dr. Joseph Iser, Yolo County Health Officer and Director, speaking about the state of Public Health today. Go to: www.yolohealth.org. Select 'What's New' and choose Public Health Week activities.
4. Get health tips and keep up on what's happening with public health locally. Follow us on Twitter, MySpace and facebook.

<http://twitter.com/Yolohealth>

<http://www.myspace.com/yolohealth>

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