



Press Release

For immediate release:
Date: Friday, October 22, 2010

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Somerset County Becomes a We Can! County



Left to Right: Kristie LeBlanc, Move More Kids Program Coordinator, Lynda Quinn, Somerset County Commissioner, District #3, Robert Dunphy, Somerset County Commissioner, District #1, Gerald York, Somerset County Commissioner, District #2, Alan Majka, Assistant Extension Professor, University of Maine Cooperative Extension

On October 20th, 2010, Somerset County Commissioners signed a proclamation announcing that Somerset County has taken a leadership role offering health and wellness programs utilizing the *We Can!* Program (Ways to Enhance Children's Activity and Nutrition), a National education program developed to help prevent obesity and overweight in youth.

Organizations in Somerset County have come together to promote and implement *We Can!* including Move More Kids, Somerset Heart Health, Redington Fairview General Hospital, the New Balance Foundation and the University of Maine Cooperative Extension. The *Move More Kids Program* will offer *We Can!* in 4 school districts in Somerset County as part of their after-school physical activity and nutrition programs. The *Move More Kids Program*, supported by the New Balance Foundation, focuses on:

- Increasing physical activity for children, youth and their families.
- Preventing obesity through physical activity and good nutrition education.

We Can! encourages and supports parents and caregivers to help their families make healthier food choices, increase physical activity, reduce TV and play computer time, and aim for a healthy weight. Making these positive health changes will continue to enhance the lives of families in our community.

Please contact Kristie LeBlanc at Somerset Heart Health if you have any questions or would like more information about Move More Kids and/or We Can! (207) 474-7473 ext. 204.