

Columbia County



Board of Commissioners

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February 2, 2016

Dear: Community Partner

2016 has officially been proclaimed the Year of Wellness for Columbia County! Together we can create a future for improving the health of all Columbia County citizens. Let's come together to provide more opportunity for physical activity, nutrition, reduce tobacco use and exposure, and lessen the current trends in obesity. We want all of our citizens and visitors to know their health matters! Why is this important - because we know healthy employees are happier, more productive, and have fewer sick days. Healthy students also have fewer sick days and are more active at school.

As an individual or an organization, you can be a part of the conversation and identify areas of opportunity for the Year of Wellness at the **Task Force Kick-Off** on February 19, 2016 at 9:00 am at the Columbia Soil and Water Conservation District Office.

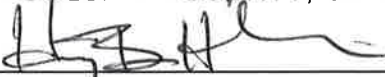
What is the purpose of this Task Force?

- We can coordinate community events throughout the year to share a similar message and purpose of promoting health, wellness, and community.
- We can partner with local media outlets to disseminate messages to the community.
- Together we can make sustainable changes to policy and the environments where we live, work, learn, and play.

It is our hope that individuals, families, businesses, community organizations will sign up to be a part of this very important initiative which is meant to guide the community efforts towards this common goal. As we embark on a new year, let's think about the future of our great County and how we want to see it move forward.

If you are ready to join, please RSVP to Katie Struble AmeriCorps VISTA at The Public Health Foundation of Columbia County (ktstruble@tphfcc.org) to attend the first meeting of the Health and Wellness Task Force.

BOARD OF COUNTY COMMISSIONERS
FOR COLUMBIA COUNTY, OREGON

By: 
Henry Heimuller, Commissioner