

HEALTHY PALOUSE

SPRING GREETINGS FROM LIVING WELL IN WHITMAN COUNTY

The sun is shining!

Welcome to spring! I would like to take this opportunity to let you all in on a major change we are making to Living Well in Whitman County, and that is the name! From here on out Living Well in Whitman County will be known as *Healthy Palouse*! **Healthy Palouse** is modeled after the [CDC Healthy Communities Program](#). This will give us many opportunities and ideas as to what we want to see happen with *Healthy Palouse*.

Future email updates will be coming your way with information on events, programs we are implementing throughout the community, and ways you can make changes in your own life, with the idea that a healthy lifestyle is the key to healthy living.

April 13, 2009

www.whitmancounty.org



Related Links:

- [CDC Healthy Communities Program](#)
- [WE CAN!](#)
- [Washington State Nutrition & Physical Activity Program](#)

Upcoming Topics:

- Washington State Senate Bill 5093: Chapter 28A.210 Sec.5, Regarding the implementation of a Health Advisory Board in schools K-12.
- School Nurse Programs
- Farmers Market
- Google Groups



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Questions or comments? E-mail us at jessieh@co.whitman.wa.us or call us at 509-332-6752