

Mission:  
To protect, promote & improve the health  
of all people in Florida through integrated  
state, county & community efforts.



Rick Scott  
Governor

John H. Armstrong, MD, FACS  
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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**FOR IMMEDIATE RELEASE**

April 6, 2015

**Contact:** Communications Office  
(850) 245-4111

**FLORIDA DEPARTMENT OF HEALTH CELEBRATES  
NATIONAL PUBLIC HEALTH WEEK**

*~ Free family friendly events encourage Floridians to get healthy ~*

**TALLAHASSEE**—April 6–12 is National Public Health Week 2015. Florida’s public health community is rallying around the national goal of showing the world how individuals, families and communities are committed to making the U.S. the Healthiest Nation in One Generation—by 2030.

As part of National Public Health Week, the Florida Department of Health is encouraging all Floridians to make healthier choices and incorporate exercise as part of their daily routines to help combat obesity, reduce risk of disease and improve overall health.

The department is holding multiple free public events across the state encouraging families to practice healthy living.

**WHAT: National Public Health Week Events**

**WHEN:** Monday April 6, 2015  
7:30 a.m. – 2 p.m.  
Thursday, April 11, 2015  
7:30 a.m. – 2 p.m.

**WHERE:** Florida Capitol, third-floor rotunda  
Tallahassee

Free vitals checks (blood pressure, weight, BMI) will be available at both events. There will also be an interactive, on-screen licensing search portal available for attendees to verify the license and disciplinary history of any healthcare professional or facility license in the state of Florida.

**WHAT: Family Health Day**

**WHEN:** Saturday, April 11, 2015  
8 a.m. – 3 p.m.

**WHERE:** Florida Capitol Courtyard  
Tallahassee

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The Family Health Day walk begins at 8 a.m. with State Surgeon General and Secretary of Health Dr. John Armstrong leading walkers from the Capitol Courtyard to the Governor's Mansion and returning to the event. At 9 a.m. Dr. Armstrong will read to children during story time, accompanied by special guest SunnyBell the Cow, who will be distributing free books provided by the Dairy Council of Florida. Family Health Day also includes cooking and fitness demonstrations, dance demonstrations including an appearance by The Safari Man, health and wellness screenings, souvenir photos, door prizes, promotional giveaways, and more.

Check with your local county health department for details on other events happening across the state.

For more information about the Family Health Day event, visit Florida Historic Capitol's website at [www.flhistoriccaptol.gov](http://www.flhistoriccaptol.gov).

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