



PUBLIC HEALTH: START HERE

When: April 7-13, 2014

Where: Across the State of Arkansas and the Nation

What: National Public Health Week (NPHW) gives us an opportunity to engage communities and to recognize the work that is being done in the realm of public health. This year's theme is "Public Health: Start Here." For this theme, we are promoting simple first steps that people can take to lead healthier lives. Want to eat healthier? Start by adding more fruits and veggies to your diet. Want to stop smoking? Start by calling the Arkansas Quitline. Want to be more physically fit? Start by walking more. Where will you start?

Who: ADH Central Office, ADH Local Health Units, and partners

What else you need to know:

There will be a press conference on Monday, April 7 at 10:00 a.m. on the North Little Rock side of the Big Dam Bridge, weather permitting. We will walk across the bridge after the press conference. Everyone is invited.

If you are hosting a Public Health Week event, let us know! We will put the information on our **Facebook event page** and on our Internet event page.

For more information, visit our **Public Health Week Internet** page. It will be updated regularly, so check back with us for events and posters that will be available to download and print. Also, you can contact Meg Arey at ***margaret.arey@arkansas.gov***.

