



FOR IMMEDIATE RELEASE

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Mayor Rawlings-Blake Kicks-Off Healthy City Days

Mayor announces week of health-related activities; joined by business professionals and residents on a walk during the lunch hour.

BALTIMORE, MD. (October 3, 2011) – Mayor Stephanie Rawlings-Blake was joined by Congressman John Sarbanes, City Council Members Clark, Cole, Henry and Spector, Health Commissioner Dr. Oxiris Barbot, residents, and City employees for a walk and rally to kick-off the 2nd annual Healthy City Days, a city-wide health initiative. Healthy City Days is a weeklong campaign aimed at providing Baltimore residents with multiple opportunities to engage in and be educated about healthy lifestyle choices.

“During Health City Days, I hope that residents take time to rethink the way they live—and challenge family members and friends to do the same,” said Mayor Rawlings-Blake. “I urge people to get screened and start moving. Together, we can make Baltimore one of the healthiest cities in the nation.”

“Increasing physical activity is key for a healthy lifestyle,” said Congressman John Sarbanes. “Healthy City Days is a great opportunity for people looking for ways to take control of their health and lead a healthier and more active life.”

In addition to the kick-off walk, today the City will also offer a comprehensive Health Fair at the Enoch Pratt Free Library Pennsylvania Avenue Branch and health screenings at the Department of Social Services, Dunbar Orangeville Site.

Healthy City Days is sponsored by CareFirst BlueCross BlueShield and supported by The University of Maryland Medical Center. The week includes daily health fairs, free screenings and activities at Enoch Pratt Libraries and Department of social Services locations. Friday there will also be multiple mobile health screening units at Mondawmin Mall from 11:30 – 1:30.

Healthy City Days is designed to encourage Baltimore City residents and workers to focus on healthy lifestyle choices and preventive care. The core message of this weeklong education and awareness initiative is to get people eating right, exercising often, and participating in prevention-focused activities.

“Whether you choose to eat better, exercise more frequently, or take advantage of free health screenings, Healthy City Days is an opportunity for people to take stock of their personal health and re-commit to making healthier life decisions,” said Baltimore City Commissioner of Health Dr. Oxiris Barbot.

For more information or for a complete schedule of events, visit www.healthcitydays.com or call 410-616-8952.

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