



Boone County
DEPARTMENT OF
PUBLIC HEALTH

1204 Logan Avenue ♦ Belvidere, Illinois 61008

Main Office: 815-544-2951 ♦ Clinic: 815-544-9730
Fax: 815-544-2050

The mission of the BCDPH is to protect and promote health in Boone County.

FOR IMMEDIATE RELEASE
March 15, 2016

Boone County Health Department
1204 Logan Ave.
Belvidere, IL 61008

Contact: Ellen Genrich
Public Information Officer
815.547.8590

Health Department Announces Eating Smart and Being Active Classes for Expecting Families

The Boone County Health Department is pleased to announce the kick-off of a six-week series on *Eating Smart and Being Active* beginning March 17th. Classes will be held Thursdays from 4:30 to 6:30 p.m. at our offices at 1204 Logan Ave., Belvidere. All pregnant women and their families and/or support person(s) are eligible.

“We are pleased to be offering these classes to the community along with the University of Illinois Extension.”, said Amanda Mehl, Director of Personal Health Services. “We will explore planning and shopping for meals on a budget, how to increase the amount of fruits, veggies, whole grains, calcium and protein in your diet and how to decrease fat, sugar and salt in your meals.”, continued Mehl. These classes will provide lots of information, fun and energizing activities, incentives and peer support.

A snack will be provided and there will be prizes. There are still openings for the class so please call our office at 815-544-9730 to reserve a spot for this fun and informative series.

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