



CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES

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CARLOS RIVERA
Director

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STRESS—OUT!!

**Rescheduled Healthy Communities Event is part of
Healthy Hartford Campaign**

---NEWS AND COMMUNITY RELEASE---

Healthy Communities/Stress—OUT!--- takes place this Friday, August 21, 2009 from 3:00 PM to 7:30 PM on the west side of Bushnell Park near the Band Shell. The Healthy Hartford campaign was kicked-off in May by Mayor Eddie A. Perez and Health and Human Services Director Carlos Rivera. The goal is to increase the availability of health-related information designed to influence healthy choices by Hartford residents.

The August 21st event will be a fun and interactive outdoor celebration that focuses on those things that help make a healthy community. Stress is a fact of life, but there are many ways to ensure that stress does not unnecessarily impact healthy living. Physical activity is one great way to deal with stress and this event will feature live opportunities for community classes in Tai Chi, Zumba, and Yoga. There will also be information on healthy eating, healthy living, and even a puppet show performed by the Hispanic Health Council.

This free event that is suitable for all ages will offer a variety of health and other information, health screenings, chair massages, door prizes, and a wonderful opportunity for all to enjoy one of Hartford's wonderful outdoor settings. Wonderful music will be provided by the Office of Cultural Affairs featuring Mixashaun (a jazz multi instrumentalist) who will provide acoustic and vocal entertainment. So bring a beach towel or use one of the exercise mats that will be available and prepare to get the stress *out!*

For more information, please contact Martha Page with the City's Department of Health and Human Services at (860) 547-1426 ext: 7008 r go to www.hartford.gov.

