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Press Release

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Healthytown Everywhere Hosts Free Medical Fair for Flint Community

Healthytown Everywhere, a nonprofit community-based health and wellness initiative located in Royal Oak, will bring free health-related services to Hamady Bros. Market, 2629 Pierson Road, Flint, Mich. on Aug. 18 from 9 a.m.- 1 p.m.

“The purpose is to promote a culture of wellness where we live, work, and play by daily application of improved nutrition, exercise, and lifestyle behavior,” says Paul Ehrmann, D.O. family medicine physician and founder of Healthytown Everywhere.

The program, supported by a mini-grant from Oakland University William Beaumont School of Medicine (OUWB), will include fitness, nutrition, and medical teams comprised of medical student and physician mentor volunteers from six colleges and health systems and will include:

- Yoga warm up session followed by a group walk with members of “Walk with a Doc” (walkwithadoc.org).
- Grocery store tours led by dietetic interns and registered dieticians to explain and promote healthy buying habits in a store.
- Health fairs led by OUWB medical students, offering tests for blood sugar, blood pressure, and Body Mass Indexes (BMI) with post-test consultation services provided by registered dieticians and/or physicians if desired.
- Mini-medical schools led by the Michigan Health Council to engage elementary school children with good health experiences and promote career choices.

Healthytown Everywhere is designed to promote health and wellness to the whole family. Its mission is to have physicians and allied health professionals replicate, execute, and sustain a healthy living program in the communities where they practice.

For more information about Healthytown Everywhere, please visit
www.healthytowneverywhere.org

