

news release

Area 9 In-Home & Community Services
Agency
520 South 9th Street
Richmond, Indiana 47374-6230
765-966-1795 or 1-800-458-9345

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FOR IMMEDIATE RELEASE

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Contact: *Beth Evans, Meals Program Director*
765-966-1795 or 1-800-458-9345

AREA 9 CELEBRATES NATIONAL NUTRITION AWARENESS MONTH

Healthy nutrition choices are critical components, along with daily activity and socialization, to leading a healthy lifestyle.

Join Area 9 In-Home and Community Services Agency on March 11th as we celebrate Nutrition Awareness Day. Nutrition Awareness Day is part of Indiana's celebration of National Nutrition Month. The nutrition education and information distributed throughout the month is sponsored by the American Dietetic Association. The 2009 campaign, *Eat Right*, is designed to focus attention on the importance of food choices and physical activity habits.

The Area 9 Meals Program helps to improve/maintain health, independence and quality of life in homes and communities through Neighborhood Meal Sites. Contact your local Neighborhood Meal Site Supervisor to find out what activities are planned to celebrate the month.

For more information about Nutrition Awareness Day and local Meal Programs, contact Area 9 Agency at 966-1795 or toll free at 1-800-458-9345.