

August 20, 2015

## SENIOR WELLNESS IN WAKULLA COUNTY FOCUS OF STATE SURGEON GENERAL VISIT



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**Crawfordville, Fla.**— Today, State Surgeon General and Secretary of Health Dr. John Armstrong visited Wakulla County to highlight their commitment to helping senior citizens lead healthy lifestyles. During the event at the Wakulla Senior Citizens Center Secretary of Elder Affairs Sam Verghese, community leaders and senior citizens joined Dr. Armstrong to highlight the importance of senior wellness. Dr. Armstrong led the group through a series of stretching exercises designed to help seniors increase strength and stability through simple movements.

The Health in All Places Tour is a chance for state, local and community leaders to come together to highlight what each coastal county has to offer when it comes to health. County Health Departments are located in each county and are charged with promoting health and providing necessary health services to their communities. This tour is a chance to highlight those services and how they move health forward in communities across Florida.

The department is offering free, broadcast-quality video for use by the media from this event. You will find 40 seconds of video followed by two interviews at the FTP link [http://ww10.doh.state.fl.us/pub/dohcomm/HIAP\\_WAKULLA.mp4](http://ww10.doh.state.fl.us/pub/dohcomm/HIAP_WAKULLA.mp4). Below is a suggested script followed by verbatim from the soundbytes.

WAKULLA COUNTY IS BEING HIGHLIGHTED BY THE FLORIDA DEPARTMENT OF HEALTH AS PART OF THE HEALTH IN ALL PLACES TOUR. TODAY, STATE SURGEON GENERAL AND SECRETARY OF HEALTH DOCTOR JOHN ARMSTRONG AND SECRETARY OF ELDER AFFAIRS SAM VERGHESE JOINED COMMUNITY LEADERS AND SENIOR CITIZENS AS THEY WORKED THROUGH A SERIES OF ACTIVITIES DESIGNED TO HELP SENIORS IMPROVE THEIR STRENGTH AND STABILITY, HIGHLIGHTING THE IMPORTANCE OF SENIOR WELLNESS. THIS IS ONE STOP IN A COMPREHENSIVE COASTAL TOUR TO DRAW ATTENTION TO THE MANY ACTIVITIES FLORIDA HAS TO OFFER THAT ALLOW RESIDENTS THE OPPORTUNITY TO GET AND STAY HEALTHY.

NAME: Dr. John Armstrong/State Surgeon General/Florida Department of Health

LENGTH: 19

OC: "their senior years"

“We are focused on health for all people in all places and that means everyone of all ages. The particular focus here in Wakulla is on our senior citizens who have lived long and productive lives and can continue to enjoy health on through their senior years.”

NAME: Sam Verghese/Secretary of Elder Affairs

LENGTH: 16

OC: “working for them”

“Bottom line is the Surgeon General has made it a priority to think about health, especially when we think about our elders. At the Department of Elder Affairs we think about serving and honoring them and this is a great way of doing that, showing them that their state government is working for them.”

TAG: THE TOUR CONTINUES FRIDAY IN JEFFERSON AND TAYLOR COUNTIES WHERE HEALTH OFFICIALS AND COMMUNITY PARTNERS WILL HIGHLIGHT THE IMPORTANCE OF COMMUNITIES GETTING ACTIVE.

### **About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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