

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

**FOR IMMEDIATE RELEASE**

March 27, 2015

Contact: Debbie Stilphen, PIO  
(850) 983-5200, ext. 175

**2015 WALK FOR MOMMY & ME**

**Milton, FL** - The 2015 "Walk for Mommy & Me" will be held Saturday, April 18, from 10:00 a.m. to Noon at Carpenter's Park on the corner of Munson Highway and Broad Street in Milton. Sponsored by the Florida Department of Health in Santa Rosa County WIC (Women, Infants and Children) Program, the event is free and open to the public.

The event is part of Florida's Healthiest Weight Campaign and features more than 20 booths with health and nutrition information for adults and activities for children, including face painting, prizes, and appearances by local characters such as McGruff the Crime Dog and the Crash Dummies. Healthy snacks will be provided by Santa Rosa Medical Center. All registered participants will receive a free entry into a drawing for special prizes. You must be present to win.

"This is one of our most popular outreach events," said Dianne Pickens, LD, WIC Director. "The focus is on family, having fun, and being physically active. Our vendors offer a lot of good information on topics of interest to parents, and there are a lot of activities and fun things for the children, so we encourage everyone to come out and have a good time."

For more information, contact Dede Barrett at 850-983-5250 or visit the Florida Department of Health in Santa Rosa County website at <http://santarosa.floridahealth.gov/>.

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Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com).

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. The department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit [www.FLHealth125.gov](http://www.FLHealth125.gov) for more information.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit [www.floridahealth.gov](http://www.floridahealth.gov).

**Florida Department of Health**

Santa Rosa County  
P. O. Box 929  
5527 Stewart Street  
Milton, Florida 32572-0929  
PHONE: (850) 983-5200 • FAX: (850) 983-4540

**www.FloridaHealth.gov**

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