



Florida Health 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
Surgeon General & Secretary

**Florida Department of Health
Lee County**

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FOR IMMEDIATE RELEASE

April 6, 2015

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Florida Department of Health in Lee County
2015:017

FARMERS MARKETS SITE OF PUBLIC HEALTH WEEK CELEBRATION

Lee County, FL—The Florida Department of Health in Lee County is launching the Healthiest Nation 2030 goal to make Lee the healthiest county in one generation at four farmers' markets in celebration of Public Health Week. Shoppers at four farm markets will be able to take home information on healthy lifestyles, healthy environments, disease prevention and tobacco cessation along with their fresh produce.

"Farm market shoppers are making a healthy choice," said Robert Palussek, administrator of DOH-Lee. "We encourage everyone to eat more fresh produce, and walk or bike to and from the market. Being active and eating at least five fruits and vegetables a day can help bring your personal health and Lee County's health to the top in the state."

Increasing consumption of fresh produce along with increasing physical activity is part of the department's Healthiest Weight initiative. New tips to be shared include backpacking without a cooler and camping with a cooler.

Staff will attend the Fort Myers Farmers Market under the bridge at Centennial Park Thursday, April 9, from 7 a.m. to 2 p.m.; the Lakes Park Farmers Market, 2330 Gladiolas Drive, Friday, April 10, from 9 a.m. to 1 p.m.; the Pine Island Tropical Fruit Market on Stringfellow Road at Ficus Lane in Bokeelia, Saturday, April 11, from 10 a.m. to 3 p.m.; and the Sanibel Island Farmers Market at Sanibel City Hall, 800 Dunlop Road, Sunday, April 12 from 8 a.m. to 1 p.m.

Public health is about preventing injury, disease and premature death. Find partners who can help you prioritize to build a healthy lifestyle, achieve goals in balance and prepare for a safe and healthy future.

DOH-Lee provides free vaccines for children, protection of drinking water and healthy environments, health promotions and communicable disease intervention and prevention.

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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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