**HEALTHY LIVING**

**STATE GOALS – January 2023**

**Community Awareness for Healthy Living**

**GENERAL GOAL:**

**Encourage OHCE members to be active proponents of their own health and safety**

**Health and Safety Issues Suggested Emphasis:**

* Healthy Eating and Active Living
* Supporting Emotional Well-Being
* Safety and Our Environment

**Suggested Projects:**

* “Processed Food: Friend or Foe”
* Preventing Sarcopenia – Muscle Loss with Aging
* Health Benefits of Yogurt
* The Power of MyPlate – More Than You Think
* Get Moving Even From Your Seat
* Food Critters to teach “Good Eating Habits” for the younger generation
* **Awards:**
* 1st, 2nd, 3rd –County Award Book: $25, $15, $10
* 1st, 2nd, 3rd, - Local Group Award Book: $25, $15, $10

**Committee:**

* April Green, SE Chair
* Susan Nelson, SE Member
* Sharon Gilchrist, NW Member
* Maggie Clinton, SE Member