

## **NEWS RELEASE**

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### **Public Invited to “Garrett County Gives Back” Free Open Swim and Food Voucher Giveaway Event**

By: Shelley Argabrite, Strategic Health Planner for Garrett County

The Garrett County Health Department, in collaboration with Garrett County Government, Garrett Regional Medical Center, Mountain Laurel Medical Center, Garrett County Community Aquatic and Recreation Complex, and Garrett County Public Schools, extends an open invitation for Garrett County residents to attend the “Garrett County Gives Back” event on January 18, 2018, at the Garrett County Community Aquatic and Recreation Complex at 695 Mosser Rd, McHenry, from 5 p.m.-8 p.m. for a community-centric event, designed to address several of the health priorities indicated in the recent Garrett County Community Health Assessment and Community Health Improvement Plan development processes.

The “Garrett County Gives Back” event is sponsored by the funds received from the Robert Wood Johnson Foundation in receipt of the 2017 Culture of Health Prize awarded to Garrett County for its collaborative work in addressing the social determinants of health through programs and systems developments such as 2-G, the Garrett County Planning Tool ([mygarrettcounty.com](http://mygarrettcounty.com)), and integrated services designed to improve health indicators for Garrett County residents. This event is the collective design of numerous agencies, businesses, and organizations working cohesively to embrace the spirit of the Culture of Health Prize, and utilize awarded funds to assist vulnerable and at-risk populations identified in Garrett County during one of the most critical months for assuring positive health outcomes.

Two of the most prevalent issues that arose through the community planning processes conducted by the Garrett County Health Department’s Population Health Unit are food insecurities and the lack of physical activity opportunities for vulnerable and at-risk populations. In order to attempt to alleviate a small margin of these issues and provide resources and opportunities for families to connect with available resources within Garrett County, this event will provide the first 200 households in attendance, regardless of income, with \$20 food vouchers (1 voucher per address) to the Farmer’s Market in Oakland or Hilltop Fruit Market in Grantsville. In addition all in attendance will have access to an open, free community swim, as well as opportunities to learn more about Garrett County’s innovative practices to improve population health, and access to a wide range of resources that are available within our community to assist residents year-round through coordination services and on-demand tools such as the Garrett County Resource Guide ([garrettguide.org](http://garrettguide.org)).

For more information about this event, please visit [cultureofhealth.mygarrettcounty.com](http://cultureofhealth.mygarrettcounty.com) or email [shelley.argabrite@maryland.gov](mailto:shelley.argabrite@maryland.gov).

*Garrett County, a healthier place to live, work, and play!*

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