

**For Immediate Release** – For more information contact Daniel Sturm, 845-583-4350 ext. 12

### **Town of Bethel Forms Healthy Community Steering Group**

White Lake – The Town of Bethel is focusing on physical activities, healthier food choices and educating young people on the importance of their health choices to make Bethel a healthier community. As part of this initiative a steering group is being formed consisting of community groups, public officials and citizens who are committed to this effort. The group will be tasked with conducting visioning forums in order to keep the community informed and more importantly to make sure that everyone is invested in the goals and ideals of a healthier community. The town is taking the lead from other communities that have Blue Zones which are areas in the World that embrace these ideals as part of the normal cycle of life. Blue zones tend to be healthier and places where people live longer and less stressful lives.

The Town of Bethel Parks and Recreation Department offers programs all year-long that promote exercise and a healthy lifestyle. Programs include Zumba, Tae Kwon Do, lap swimming, walking the halls, Pickle Ball, Kick-It-Off, Paint with Friends, Youth sports night, Basketball, and swimming for infants and toddler. For a complete list of activities visit the Parks and Recreation Department on the Town Website.

Individuals interesting in being a member of the Bethel Healthy Community steering group can send a letter of interest to Town of Bethel, Attn: Daniel Sturm, Town Supervisor, P.O. Box 300, White Lake, NY 12786 or e-mailed to [bethelsupervisor@libertybiz.rr.com](mailto:bethelsupervisor@libertybiz.rr.com) Deadline to apply July 2, 2016.

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