

Village of Addyston

WeThrive!



Exercising can be so much fun. Take time to play one hour a day.

**Join the Fun!**

**June 14, 2014**

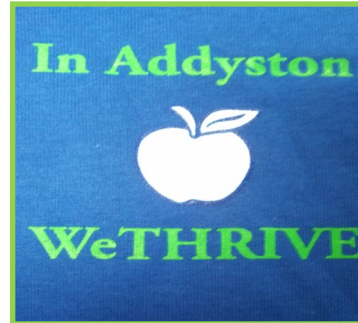
## **Health Screenings**

We are excited to add several health professionals to provide screenings and answer your health questions. Our own Dr. Wauligman and his daughter will preform dental checks on both kids and adults . A Kroger Pharmacist, UC staffers, Miami Township EMS, will perform blood pressure, glucose and skin screenings. Also there will be a physical therapist and Health Apps. **All free for your better health!**

PRESRT STD  
ECRWSS  
ADDYSTON, OHIO  
EDDM

2nd Annual

**WeThrive!**



Box Holder

Village of Addyston

45001

Village of Addyston  
WeThrive!

235 Main Street PO Box 536  
Addyston, Ohio 45001

**ADDYSTON  
WETHRIVE!**

**JUNE 14, 2014**



**Great fun from last year's Celebration**

Thanks to you the citizens and businesses of the Village, last year's WeThrive! Celebration was an outstanding event. The WeThrive team has been working to make this year's event even better.

All photos courtesy of Lisa Mear

Music by DJ Pillo

**We Thrive is authorized by Village Council**



**Super crowd enjoying the festivities**

### **Schedule of Events**

The Team has outlined a great day of fun activities. Join in the fun! Enjoy The Smooth Sounds of one of Cincinnati's finest DJs, DJ Pillo.

- ◆ **11:00**–Registration (1st 50 to register get a free tee shirt)- Meet and Greet
- ◆ **11:30**– Bicycle Rodeo begins– Toddler Obstacle Course (ages 2 to 5)- Prize drawings
- ◆ **12 Noon to 2:30** Lunch (Must be registered for lunch ticket in gift bag)
- ◆ **12:30**– Prize Drawings– Special “Happy Dance” tee shirt giveaway
- ◆ **1:00**– Foot Races 50 and 100 yard dash– 3 Legged Race
- ◆ **1:30**– Kickball Game (all ages join in the fun)
- ◆ **2:00**– CPR Demonstration– Hula Hoop Contest (various age groups)
- ◆ **2:15**– Last call for lunch
- ◆ **2:30**– Dancing in the Street– Final Prize Drawings
- ◆ **3:00**– Acknowledgements and Close

**Visit the many health screening booths all day.** (See Front Page)

## **Our Mission**

Among all the fun, prizes, food and games, the mission of the Addyston WeThrive! team is to help our citizens be aware of healthy choices. This will lead to better health and less disease. Our Message is to **“Make the Healthy Choice the Easy Choice”**.

In 2012 more than 1/3 of Children and adolescents in the US were overweight or obese, according to the Center for Disease Control (CDC). It is so important to be aware of the health risk of these conditions.

We promote substituting more water in place of sugary drinks. Eat more fruits and vegetables in place of sugary snacks and treats. **And, above all get up and move! Play 1 hr. a Day. Exer-**



**Get in this picture. Join the Addyston WeThrive! team**

## **Looking to the Future**

The Addyston WeThrive Team is continually searching for ways to fulfill our mission of making Addyston a healthy community. Some of our discussions include:

- Community Gardens
- Street Parks
- Continuing Fresh Fruits and Vegetables Stand
- Health related competitions and Information

Please share your thoughts with us.

### **We need your help!**

WeThrive! is a community organization. We need the community to make it work to its fullest potential. Join the team to make the health of our community a real priority. We normally meet once a month on the third Thursday.

New people with fresh ideas and another set of

### **Contact Us:**

**Village of Addyston WeThrive!**  
**235 main Street PO Box 536**  
**Addyston, Ohio 45001**  
**513-941-1313x10**  
**Visit us at:**  
**WWW.addystonohio.org**