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## Licking County Health Department

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### FOR IMMEDIATE RELEASE

#### 7th Annual Kickin' Ash Splash

June 9, 2011

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LICKING COUNTY, OHIO - The 7th annual KICKIN' ASH SPLASH, sponsored by the Licking County Health Department, Licking County Wellness Coalition, Licking Memorial Hospital, Park National Bank, Kroger and Time Warner Cable, will be held at the Heath City Water Park on July 9, 2011 at 5:30 pm. This event is to celebrate a tobacco, alcohol and drug free lifestyle and help encourage residents to create active, healthy habits.

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death.

Secondhand smoke exposure causes serious disease and death, including heart disease and lung cancer in nonsmoking adults and sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.

The Kickin' Ash Splash pool party will give residents the chance to get active, eat healthy snacks and adopt a tobacco-free lifestyle for only \$2.00/person (Free for Heath City Water Park Members).

For more information, please contact Mary Richardson at 740-349-6535 or via e-mail at [mrichardson@lickingcohealth.org](mailto:mrichardson@lickingcohealth.org).