

R. Joseph Ebel, R.S., M.S., M.B.A.
Health Commissioner



(740)349-6535
(740)349-6474 WIC
(740)349-6475 Environmental
(740)349-6476 Nursing
(740)349-6510 FAX
www.lickingcohealth.org

Licking County Health Department

675 Price Road

Newark, OH 43055

FOR IMMEDIATE RELEASE

7th Annual Kickin' Ash Splash

July 5, 2011

CONTACT: Mary Richardson

mrichardson@lickingcohealth.org

(740) 349-6535

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). Rain date is Saturday, July 23 at 5:30 pm.

For more information, please contact Mary Richardson at 740-349-6535 or via e-mail at mrichardson@lickingcohealth.org.