

OCTOBER MISSION: GOOD NUTRITION
DISCOVER THE SMALL CHANGES THAT HELPED A LOCAL WOMAN LOSE 25 LBS.
Plus, The 10 Commandments Of Healthy Cooking

September 29, 2008, Pottstown, PA – The October episode of Mission Good Nutrition begins Thursday, October 2, 2008 at 7:00 p.m. on PCTV Channel 28 and is scheduled to air at the same time each subsequent Thursday in October. *Mission Good Nutrition* is a 29-minute TV program sponsored by the Pottstown Area Health & Wellness Foundation that promotes healthy living.

“As far as health and wellness go, we know that making small changes, slowly in your every day life can equal big results,” comments Dave Kraybill, executive director, Pottstown Area Health & Wellness Foundation. “Our first guest is living proof of this theory. She took an opportunity presented to her and steadily made changes which resulted in her losing weight and exercising regularly. We believe our viewers will be inspired by her story. We are also thrilled to have one of our staff members Nancy Mitchell inform our viewers about ways they can make their every day cooking healthier. Nancy has been living what she preaches and is one of our in-house role models. Finally, our cooking segment focuses on beans, which are known as a super food and our viewers are once again presented with easy and delicious recipes that they can make easily at home.”

In the first segment, Linda Uhas, a 5th grade teacher in the Boyertown School District, shares her story about losing 25 lbs. Healthy changes started by participating in a contest at her school and now the habits she lived have become a way of life for her. You’ll be inspired by her thoughts and surprised at how simple changes can make a big difference in your overall health and well being.

In the second segment, the Foundation’s own Nancy Mitchell discusses the 10 Commandments of Healthy Cooking. Nancy has been practicing what she preaches for years and offers viewers easy ways to incorporate 10 healthy changes into their every day cooking without sacrificing taste. The 10 Commandments of Healthy Cooking list will be available at www.pottstownfoundation.org.

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2-2-2-2- Mission: Local Woman Loses 25 lbs.

The last segment features Jessica Reilley, co-owner of Cozy Cuisines. She prepares two very delicious dishes with beans which are, according to nutritionists and doctors, one of the healthiest foods you can eat. This super food is a good source of protein, fiber, potassium and folic acid. Viewers will want to try the Black Bean Soup and the Black-Eyed Pea Salad that Beth and Jessica cook up. For these recipes and many others, go to www.pottstownfoundation.org.

This month's "Tip of the Month" gives you alternative treat ideas for Halloween visitors that are delicious and healthy. Viewers will see that Halloween can be fun without all the sugary sweets.

About the Program *Mission: Good Nutrition* - In support of the Pottstown Area Health & Wellness Foundation's goal to promote healthy living and healthy lifestyles, the Foundation sponsors the *Mission: Good Nutrition* program, which airs every Thursday at 7:00 p.m. on PCTV Channel 28. Area residents, particularly parents with school-age children, can discover practical, fun, easy and convenient ideas to use immediately and benefit from every day. The "Tip of the Month" in each episode complements the nutritional focus and reinforces that better eating habits plus improved fitness are keys to enjoying a healthier quality of life. All episodes feature interviews and discussions with health and nutrition experts, plus hands-on cooking demonstrations by local chefs and culinary professionals.

Visit www.pottstownfoundation.org and click on "*Mission: Good Nutrition*" for an array of interesting information—recipes featured on the program, video clips, and quizzes, as well as how to contact show host Beth Trapani, former communications director and spokeswoman for Pennsylvania Advocates for Nutrition and Activity. *Mission: Good Nutrition* was developed by The Anderson Group and is being produced by Dayton Communications.

About the Foundation - The Pottstown Area Health & Wellness Foundation's mission is to enhance the health and wellness of area residents, providing education, funding and programs that motivate people to adopt healthy lifestyles.

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