

**POTTSTOWN AREA HEALTH & WELLNESS FOUNDATION
ANNOUNCES WWW.MISSIONHEALTHYLIVING.ORG
AS THE NEW LOCAL GATHERING PLACE FOR GOOD HEALTH**

April 22, 2010, Pottstown, PA – The Pottstown Area Health & Wellness Foundation has introduced a new Web site, www.missionhealthyliving.org. It's the area's only local and free online community that is intended to not only give great information about healthy living, but also encourage members to share how they lead a healthy lifestyle.

The site features a main page that is continually providing local and national news about healthy living and other health-related issues. Other site features include recipe sharing, the ability to create or join a discussion group, updates on healthy living events and seminars, information on area fitness activities, educational videos and other pertinent links.

“We created this site to reach out to the community at large,” comments Dave Kraybill, Executive Director, Pottstown Area Health & Wellness Foundation. “We wanted to create a community within our community where folks could connect with each other and learn and share information and even get support on a number of health-related topics. As a Foundation, we are in constant communication with our grantees, but we wanted the residents in our service area to know that we are committed to improving everyone’s health and well being.”

The Foundation is asking people to go to www.missionhealthyliving.org and sign up and become a member of the Mission Healthy Living community—it’s fast and free. Members can then subscribe to RSS feeds, become a fan on Facebook, follow the Mission Healthy Living site on Twitter and join, or start, a group about a health-related topic of interest.

The community is especially encouraged to share with each other—whether it is about buying organic foods in the area, finding an exercise buddy, learning how to eat to avoid getting diabetes, finding support for parents who have children with disabilities, or trading knowledge about any other health-related topic of interest. If someone is interested in starting a group, they must first sign in on www.missionhealthyliving.org, then click the “request” link under groups on the main page. Then, they will have to fill in the group’s name, its description and its mission, and submit for approval.

“We are really excited about the potential our group feature offers area residents,” states Rose Crews, Office Coordinator, Pottstown Area Health & Wellness Foundation. “We are hopeful that the community will embrace this option and realize it is a great way to get support or information from other local residents who have the same concerns or interests. If anyone has any questions about starting or participating in a group, they should feel free to give me a call at the Foundation at 610-323-2006 or email me at rosecrews@pottstownfoundation.org.”

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. Visit www.pottstownfoundation.org for more information about the Foundation. Discover Pottstown area's new online community at www.missionhealthyliving.org to learn and share information on how to lead a healthier life.

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