

**POTTSTOWN AREA HEALTH & WELLNESS FOUNDATION
ANNOUNCES CHANGES IN BOARD LEADERSHIP**

October 19, 2009, Pottstown, PA – The Pottstown Area Health & Wellness Foundation has announced changes in its board leadership. Charlie Palladino, who has been a member of the Board for six years and has served as President for the last three years, has stepped down from his role of Board President. Charlie will continue his role as Chair of the Strategic Planning Committee in addition to serving on the Marketing & Communications Committee and the Bylaws/Governance Committee.

As of July 1, 2009, Sharon L. Weaver has assumed the role of Board President and D. Scott Detar will serve as Vice President. Robert W. Boyce, Treasurer and Kenneth Picardi, Secretary, will continue in their respective roles. Milton D. Martyny has accepted the position of Member At Large of the Executive Committee.

“All five members of the Executive Committee have a long history with the Foundation and their expertise and commitment to the community is invaluable to the success of the Foundation,” comments David Kraybill, Executive Director, Pottstown Area Health & Wellness Foundation.

Weaver, Detar, Boyce and Martyny have served as board members since the Foundation’s inception in 2003. Sharon Weaver, a management consultant, also serves on the Grants and Strategic Planning Committees. She will assume the role of Chair of the Bylaws/Governance Committee. D. Scott Detar, CPA and Managing Partner with Maillie Falconiero & Co., LLP, has served as former Treasurer, and will continue to serve on the Finance Committee. Robert Boyce, a retired U.S. Naval officer and teacher at Malvern Prep, chairs the Finance Committee. He serves on the Grants Committee, and is a former chair of the Marketing & Communications Committee. Kenn Picardi, Esq. with Yerger Daylor Allebach Scheffey Picardi, has assumed the role of Chair of the Grants Committee and he also serves on the Bylaws/Governance Committee. Milton Martyny, retired President and Owner of U.S. Axle, Inc., served as the original Board President from 2003-2006. He currently serves on the Strategic Planning, Oversight, Nominating and Bylaws/Governance Committees.

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2-2-2-2- Pottstown Foundation – Board Leadership Changes

Dick Frantz, a local architect, chairs the Foundation's Oversight Committee. Nancy Threlfall, President of Threlfall Marketing Group, LLC chairs the Marketing & Communications Committee, and Jim Lennon, CPA and Partner at Maillie Falconiero & Co., LLP chairs the Nominating Committee.

Additional members of the Board who also serve on various sub-committees are: Edward Bardowski, James Bush, Jonathan Corson, Art Green, Phyllis Harwood, Pastor Burlington Latshaw, Linda Lignelli, Robert Moses, and Dr. William Taddonio.

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, reliable and accurate health and wellness information, fun and fitness activities, a risk-assessment questionnaire, and much more. Go to www.missiongoodnutrition.org for recipes and a recipe message board, past episodes of *Mission Good Nutrition*, fitness tips and quizzes.

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