



Press Release

August 22, 2011

For immediate release

Lloydminster in *motion* honoured with the Mayor's Heart Healthy Community Award

His Worship Jeff Mulligan and the Heart and Stroke Foundation of Saskatchewan will honour Lloydminster in *motion* with the presentation of the Heart&Stroke Health Promotion Community Recognition Award tonight, at the City of Lloydminster Council meeting.

Mayor Mulligan acknowledges the role individuals and organizations can play in making Lloydminster a healthier place to live, work, and play. In collaboration with the Heart and Stroke Foundation the recognition award is presented to individuals, groups, or programs that support and encourage the health and well-being of the community and/or promote efforts to increase healthy behaviours and help in the fight against heart disease and stroke, among many chronic diseases.

Creating communities that can make the healthy choice an easy choice can help its people prevent and reduce their risks for major disease and premature death. Success in promoting health is most likely if people combine endeavours, share resources, and create coordinated, sustained efforts. That is why this recognition award is presented to groups, businesses, or organizations that have helped to make it easier for others in the community to lead healthier lives.

Lloydminster in motion began in 2006, and operates with support from Saskatchewan in *motion*. The group is comprised of volunteer individuals from Prairie North Region Health Authority, the City of Lloydminster, Rivers West Sport and Culture, Lloydminster Public School Division, and the Heart and Stroke Foundation.

These inspiring leaders step up and make change happen in their community without waiting for someone else. Leaders like Lloydminster in *motion* are the human catalysts of the heart healthy changes that follow. "If you see someone in our community that you believe exemplifies leadership and encourages health in our community, make sure you give them a pat on the back," says Mayor Mulligan.

For more information, please contact:

Penny Manners, Communications Officer, City of Lloydminster
780-871-8339