



**FOR IMMEDIATE RELEASE**  
May 26, 2016

**CONTACT:** Melissa Wade  
Public Health Information Officer  
412-578-8312 office  
412-339-7995 cell  
[mwade@achd.net](mailto:mwade@achd.net)

### **Municipality of Monroeville Receives *Live Well Allegheny* Designation** *Announcement at Celebration of National Senior Health & Fitness Day*

**PITTSBURGH** – The Allegheny County Health Department (ACHD) announced today that the Municipality of Monroeville is the latest to receive designation as a *Live Well Allegheny* community. Their participation brings the number of *Live Well Allegheny* communities to 24 as they embrace the countywide effort to “live well.”

“*Live Well Allegheny* is about building healthy communities for all residents,” said Dr. Karen Hacker, Director of the Allegheny County Health Department. “I commend Monroeville for their commitment to living well across the life span. We have heard from several Allegheny County communities about the importance of residents being able to live healthier right in their own community. Monroeville is a good example of this as they are providing resources for young and older residents.”

The *Live Well Allegheny* designation occurred earlier this afternoon at the Monroeville Senior Center as part of the celebration of National Senior Health and Fitness Day. The senior center organized a schedule of events including fitness classes, educational seminars and tours of the new functional fitness stations located in the fitness center.

“Having a healthy community applies to everyone, no matter their age, gender, physical ability or health, which is why it’s so thrilling to see Monroeville celebrate its *Live Well Allegheny* designation at a Senior Health & Fitness Day,” said Allegheny County Executive Rich Fitzgerald. “Our region has long been recognized as one of the best places to retire because of the access to health facilities, opportunities for continuing education, a low cost of living and public transportation coverage. We’re proud of the fact that older Americans can live safe, independent and healthy lives here in Allegheny County.”

In its ordinance for *Live Well Allegheny*, Monroeville Council has agreed to following actions to encourage its residents to live a healthy lifestyle:

- Share wellness information with employees and the broader community
- Plan and implement a *Live Well Allegheny* event in cooperation with the campaign that encourages active living
- Encourage multi-modal transportation of residents by providing information about public transportation along with biking and walking resources
- Develop walking maps and measure distances mapped
- Promote and support farmer’s markets with emphasis on helping all of Monroeville residents have access to fresh and healthy foods
- Work with local food banks to help ensure access their to healthy foods
- Provide information regarding leisure activities for children and teens in Monroeville

"I'm proud to represent Monroeville and excited to have the community join the *Live Well Allegheny* campaign," said Council Member Dr. Charles Martoni. "Today, Monroeville joins District 8 communities Braddock Hills, Chalfant and Turtle Creek in making our county healthier as Live Well Allegheny communities. I look forward to having many, many more join us in the months to come."

Monroeville Mayor, Gregory Erosenko said, "I am very excited that *Live Well Allegheny* is coming to Monroeville and that our residents will be able to participate in this healthy initiative. It is always good to take care of ourselves so that we can live long, healthy lives."

*Live Well Allegheny* was launched in January 2014 as a comprehensive, innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Board of Health and Health Department Director Dr. Karen Hacker.

For more information on the *Live Well Allegheny* campaign visit [www.LiveWellAllegheny.com](http://www.LiveWellAllegheny.com).

###

KAREN HACKER, MD, MPH, DIRECTOR  
**ALLEGHENY COUNTY HEALTH DEPARTMENT – PUBLIC INFORMATION OFFICE**  
542 FOURTH AVENUE • PITTSBURGH, PA 15219  
PHONE (412) 687-ACHD • FAX (412) 578-8325 • WWW.ACHD.NET

