

SENIOR CENTER NOW OFFERING BREAKFAST

Hart, MI September 13, 2018– Community members now have an additional breakfast option in town each week. Oceana County Council on Aging is now offering breakfast on Thursdays from 8:30-9:00 am. Oceana County Council on Aging received funds coordinated by District Health Department # 10's Building Healthy Communities program to help increase promotion and access to healthy foods within local communities. District Health Department # 10's Building Healthy Communities program is a partnership with Health Department of Northwest Michigan.

Funds from this program allowed for the purchase of a breakfast service cart and service ware supplies for breakfast options. Providing breakfast is filling an unmet need where some seniors may sometimes be going hungry or choosing unhealthy options for breakfast, such as fast food or processed breakfast foods items. This program allows seniors to start their activity-filled day with a home cooked, healthy option. Often these meals include local, seasonal produce. Recently, a vegetable quiche, fresh fruit and homemade bread were enjoyed at the center. Participants were quick to say how much they enjoyed having such a nice breakfast option to enjoy.

The Oceana County Council on Aging is located at 621 E. Main Street, Hart. Breakfast is \$2.50 per person and is open to everyone in the community. Interested individuals are asked RSVP for breakfast by calling at least one day in advance to 231-873-4461. A monthly menu and more information is also available online at www.oceanacoa.com

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



P: 888-217-3904



www.dhd10.org



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Oceana County Council on Aging celebrates a ribbon cutting ceremony earlier this Summer. Breakfast is now available at the Senior Center on Thursdays from 8:30-9:00 am.