



Steps to a HealthierNY Healthy Meeting Challenge

We are asking all community leaders to join us in improving the health of Rockland County residents by following the Steps to a HealthierNY Healthy Meeting Guidelines. If your organization is ready to provide a healthier meeting environment for your employees and partners, please sign the pledge below and you will receive a Healthy Meeting Certificate through the mail. Thank you for taking a step to make Rockland a healthier place!



- Yes! My organization will follow the healthy meeting guidelines by:
- Serving at least two healthy options at our meetings (such as fruit, vegetables, whole grain products, low fat dairy or water).
 - Encouraging participants to stretch or do some brief physical activity at some point during the meetings.
 - Telling members and employees about the new healthy meeting guidelines.

Contact Person _____ Date _____

Organization Name _____

Street Address _____

City _____ # of people in your organization _____

Send completed form to:
Michelle Kleinman, Rockland County Department of Health
50 Sanatorium Rd., Building J, Pomona, NY 10970
or Fax 845-364-3837