

**MOVE**

**WITH THE**

**MAYOR™**



**NATIONAL FORUM**  
FOR HEART DISEASE & STROKE PREVENTION

**MOVE**

**WITH THE**

**MAYOR™**

**#movewiththemayor**

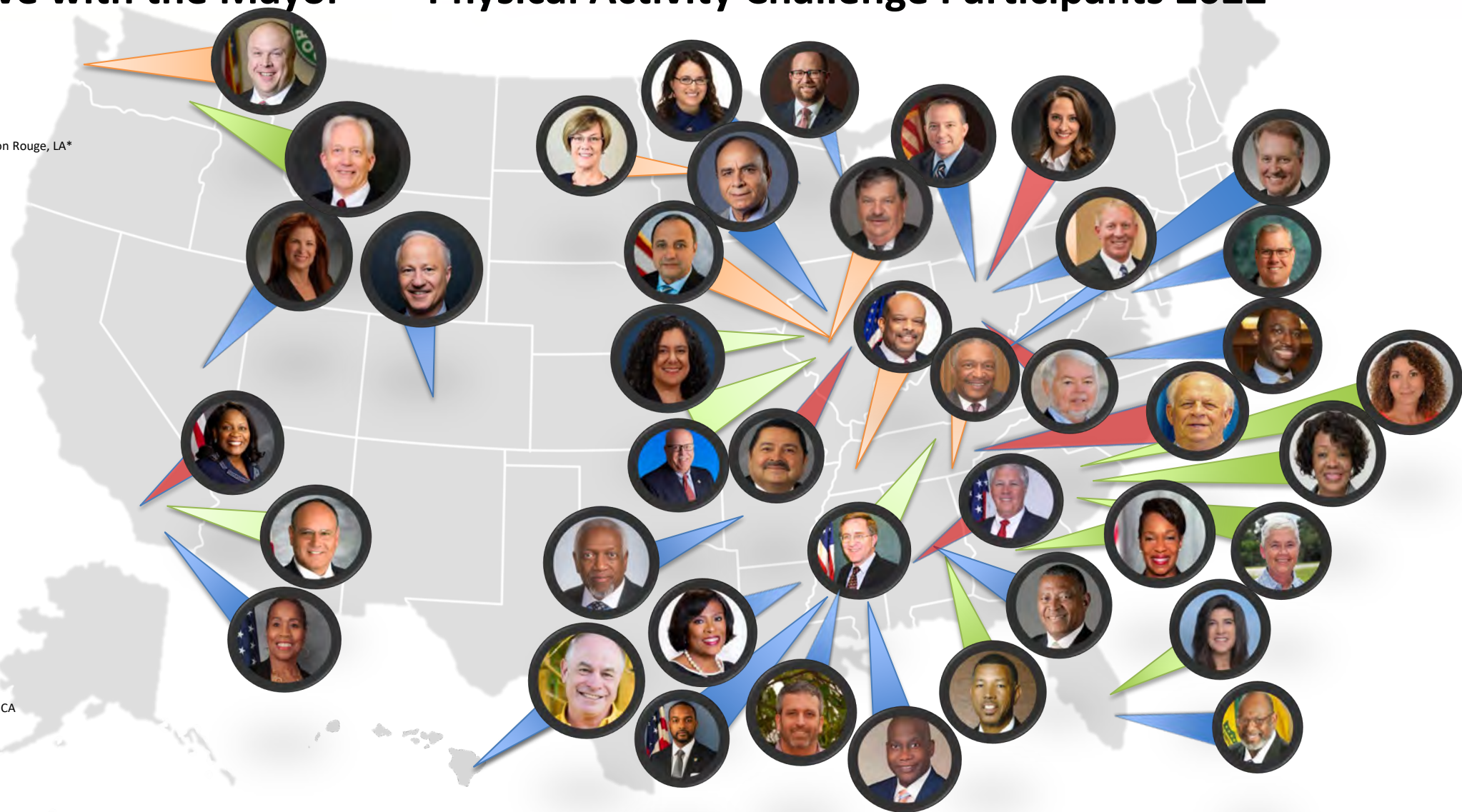


**NATIONAL FORUM**  
FOR HEART DISEASE & STROKE PREVENTION

# Move with the Mayor™ — Physical Activity Challenge Participants 2022

# 43

1. Mayor Daniel Horrigan, Akron, OH\*
2. Mayor Mike Coffman, Aurora, CO
3. Mayor William Bo Perkinson, Athens, TN
4. Mayor-President Sharon Weston Broome, Baton Rouge, LA\*
5. Mayor Susan Trimnal Holley, Bethune, SC
6. Mayor Bill Rawls Jr, Brownsville, TN
7. Mayor Alfred Mae Drakeford, Camden, SC
8. Mayor Lori Bagwell, Carson City, NV
9. Mayor Don Walters, Cuyahoga Falls, OH\*
10. Mayor Rochelle Robinson, Douglasville, GA
11. Mayor Melissa Emmons, Elgin, SC
12. Mayor Jack Tibbs Jr., Eufaula, AL
13. Mayor Christina Muryn, Findlay, OH\*
14. Mayor Acquanetta Warren, Fontana, CA\*
15. Mayor George McGill, Fort Smith, AR
16. Mayor Jud Ashman, Gaithersburg, MD\*
17. Mayor Chodri Khokhar, Glendale Heights, IL\*
18. Mayor Eric Genrich, Green Bay, WI
19. Mayor Errick D. Simmons, Greenville, MS\*
20. Mayor Rodney Craig, Hanover Park, IL\*
21. Mayor Debra March, Henderson, NV
22. Mayor Mitch Roth, Hilo, HI
23. Mayor Ben Winkelman, Hoquiam, WA\*
24. Mayor Steve Williams, Huntington, WV
25. Mayor David Scheffler, Lancaster, OH\*
26. Mayor Ken Thurston, Lauderdale, FL
27. Mayor Will Hill, Louisville, MS
28. Mayor Sangeetha Rayapati, Moline, IL
29. Mayor Roland Dykes III, Newport, TN
30. Mayor Paul Leon, Ontario, CA
31. Mayor Glenn A. Johnson, Pullman, WA
32. Mayor Mike Troup, Quincy, IL
33. Mayor Levar Stoney, Richmond, VA
34. Mayor Kim Norton, Rochester, MN\*
35. Mayor James Perkins Jr., Selma, AL
36. Mayor Adrian Perkins, Shreveport, LA
37. Mayor Doyle Lowe, Sweetwater, TN
38. Mayor Michelle Gomez, Tamarac, FL\*
39. Mayor Karmollette O'Gilvie, Twentynine Palms, CA
40. Mayor Lawrence G. Haygood, Jr., Tuskegee, AL
41. Mayor Katie Rosenberg, Wausau, WI\*
42. Mayor Ruben Pineda, West Chicago, IL\*
43. Mayor Nunzio Pulice, Wood Dale, IL\*



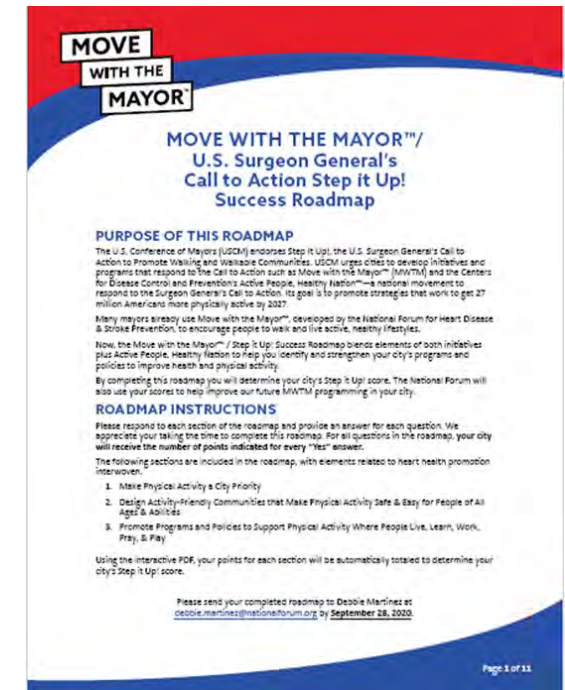
**NATIONAL FORUM**  
FOR HEART DISEASE & STROKE PREVENTION

**3 We Convene. We spark conversation. We accelerate collaboration.**



# Move with the Mayor Challenge

- Host at least one physical activity event
  - September 1 – October 15
- Complete the Step It Up Roadmap
  - September 1 – October 30



# Toolkit

- Talking Points and Buzzwords
- Hypertension Control Messaging
- Social Media Sample Posts
- Press Advisory & Release
- Logos, Flyers, and Posters
- Step it Up! Challenge Success Roadmap

MEDIA RELEASES | HEADLINES

On our website you'll find a series of headline options (such as these) that you can use interchangeably in any of your press releases. We have provided two sample press releases that you may use to promote your Move with the Mayor™ events.

"Mayor Laces Up Walking Shoes in Nationwide Effort to Reduce Heart Disease & Stroke"

"Mayor Joins Nationwide Effort to Reduce Heart Disease & Stroke"

**Mayor Puts Best Foot Forward in Nationwide Effort to Combat Heart Disease & Stroke**  
Residents walk/move alongside mayor in nationwide heart-health initiative

Mayor Broome speaks candidly about weight loss and her personal health journey

Columbia Mayor Steve Benjamin hosts 'Move with the Mayor' walk

MW™ | BUZZWORDS

**WHAT ARE THEY?**  
A word or phrase, that is fashionable at a particular time or in a particular context.

**Active**  
Using the word "active" seems to inspire action. We want people to be physically **active**, **actively** improve their health through exercise, and take **proactive** steps to reduce their risk for heart disease and stroke.

**Busy**  
Everyone can benefit from physical activity, despite how **busy** they are. So, encourage them to get **busy** in a different way, by proactively taking care of their health and getting moving. Remind people of easy ways they can fit physical activity into their **busy** schedules.

**Heart Disease & Stroke**  
Continue to remind people that the action and preventative steps they're taking is to improve their quality of life and reduce their risk for heart disease and stroke.

**Wellbeing**  
This is extremely important! We don't only want people to be healthier; we also want them to have better, longer, happier lives.

**Prevent/Preventable**  
Uplift the importance of preventing heart disease and stroke through healthy habits, such as physical movement. We want people to know it's not too

**Leadership/Lead by Example**  
These are great buzzwords and phrases because they elevate the mayors' leadership role and

# Active People, Healthy Nation Champions

- CDC-led initiative
- 27 million Americans more physically active by 2027
- Evidence-based strategies to increase physical activity across sectors and settings

## Benefits

- Recognition
- Access to resources & information
- Connect to network
- Highlight successes





# Frequently Asked Questions

1. Do cities need to host an event every week? **No**
2. What counts as an event?  
**Virtual or in-person event**
3. How does the National Forum lend its support/Are resources provided? **Yes**
4. **Technical assistance**
  - Graphic design
  - Policy menu
  - Talking points



The [Centers for Disease Control and Prevention](#) has identified several underlying medical conditions that create a higher risk for severe illness from COVID-19, including, but not limited to: serious heart conditions, severe obesity, diabetes, chronic lung disease, asthma, and liver disease.

These underlying conditions, in turn, can be addressed through policies that address overall public health, nutrition, physical activity and obesity, air quality and tobacco use, and alcohol use.

The [National Forum](#) serves as a wellness partner to cities across the nation and advises on policies to increase health and reduce the impacts of these underlying conditions. Now more than ever, the National Forum is ready to forge a path forward. The following policies, programs, and intervention are aimed at improving community health by addressing social determinants of health.

#### Public Health

Addressing overall public health will reduce various serious underlying medical conditions that increase an individual's risk for severe risk from COVID-19.

- Work with your local department of public health to create a (or supplement an existing) [community health worker \(CHW\) program](#) with [hypertension control management](#)
  - [Community health workers](#) are frontline, culturally competent, public health workers who serve as a bridge between underserved communities and healthcare systems. CHWs are important provider allies for [improving hypertension prevention and self-management](#), especially among underserved and diverse populations in the United States
- Partner with your local fire department to create a [community paramedicine program](#) to [reduce blood pressure and diabetes levels](#)
  - [Community paramedics](#) are medically trained first responders who serve in expanded roles that include primary and preventive care as well as services designed to reduce patients' need for hospital visits

# Challenge Step It Up! Roadmap

MOVE

WITH THE

MAYOR™

MOVE WITH THE MAYOR™/

U.S. Surgeon General's

Call to Action Step It Up!

Success Roadmap

PURPOSE OF THIS ROADMAP

The U.S. Conference of Mayors (USCM) endorses Step It Up!, the U.S. Surgeon General's Call to Action to Promote Walking and Walkable Communities. USCM urges cities to develop initiatives and programs that respond to the Call to Action such as Move with the Mayor™ (MWM™) and the Centers for Disease Control and Prevention's Active People, Healthy Nation™—a national movement to respond to the Surgeon General's Call to Action. Its goal is to promote strategies that work to get 27 million Americans more physically active by 2027.

Many mayors already use Move with the Mayor™, developed by the National Forum for Heart Disease & Stroke Prevention, to encourage people to walk and live active, healthy lifestyles.

Now, the Move with the Mayor™ / Step It Up! Success Roadmap blends elements of both initiatives plus Active People, Healthy Nation to help you identify and strengthen your city's programs and policies to improve health and physical activity.

By completing this roadmap you will determine your city's Step It Up! score. The National Forum will also use your scores to help improve our future MWM™ programming in your city.

ROADMAP INSTRUCTIONS

Please respond to each section of the roadmap and provide an answer for each question. We appreciate your taking the time to complete this roadmap. For all questions in the roadmap, your city will receive the number of points indicated for every "Yes" answer.

The following sections are included in the roadmap, with elements related to heart health promotion interwoven.

1. Make Physical Activity a City Priority
2. Design Activity-Friendly Communities that Make Physical Activity Safe & Easy for People of All Ages & Abilities
3. Promote Programs and Policies to Support Physical Activity Where People Live, Learn, Work, Pray, & Play

Using the interactive PDF, your points for each section will be automatically totaled to determine your city's Step It Up! score.

Please send your completed roadmap to Debbie Martinez at [debbie.martinez@nationalforum.org](mailto:debbie.martinez@nationalforum.org) by September 28, 2020.

Page 1 of 11

YOUR CITY'S 2021 STEP IT UP! SCORE

QUESTIONS SECTION 3

Please consider only the time period of January 1, 2021 – October 15, 2021 when answering questions in the following section.

At one of my city's Move with the Mayor™ events, we partnered with another organization.

Examples:

- Our partner(s) promoted the event.
- Our partner(s) provided health-related educational/awareness/informational materials and/or resources.
- Our partner(s) hosted an event (e.g., walking event held at a college/university campus).
- Our partner(s) provided blood pressure/cholesterol screenings.
- Our partner(s) provided heart healthy foods.
- Our partner(s) provided raffle prizes/give aways to participants.

Yes

Max Points

Local health department	<input type="checkbox"/>	1
State health department	<input type="checkbox"/>	1
National Association (e.g., American Heart Association, Walk with a Doc, YMCA)	<input type="checkbox"/>	1
Tribes and Urban Indian Organizations & Tribal Organizations	<input type="checkbox"/>	1
University/College	<input type="checkbox"/>	1
School	<input type="checkbox"/>	1
Hospital	<input type="checkbox"/>	1
Local business (e.g., grocery store, running/walking store, etc.)	<input type="checkbox"/>	1
Community organization or business group (Wellness Council, Chamber of Commerce, etc.)	<input type="checkbox"/>	1
BONUS: Media	<input type="checkbox"/>	1
BONUS: Metropolitan planning organization	<input type="checkbox"/>	1
BONUS: State department of transportation	<input type="checkbox"/>	1
BONUS: Arts and culture (e.g. museums, art affiliated departments or organizations, etc.)	<input type="checkbox"/>	1
BONUS: Other not included above: (include organization name and type)	<input type="checkbox"/>	1
Our City's Partnership Score	0	9

Please add up the total scores from each section to get your city's Step It Up! Score

City Priority	Max Points	Our City's Score
Total Make Physical Activity a City Priority Score	11	0
Communities that Make Physical Activity Safe & Easy for People of All Ages & Abilities		
Total Physically Active Communities Score	24	0
Programs and Policies to Support Physical Activity Where People Live, Learn, Work, Pray & Play		
Total Heart Health Activities Score	10	0
Total Partnership Score	9	0
Total Worksite Score	25	0
Total Nutrition Score	9	0
Total Parks & Rec. Score	17	0
Total Public Health Score	10	0
Total School Districts Score	14	0
Total City Health Assessment & Action Plan Score	9	0
Total City Policy Score	28	0
BONUS POINTS	38	0
TOTAL STEP IT UP! SCORE	166	0



Worksite  
Parks and Rec  
Public Health  
School Districts



# DuPage County Mayors



Beautiful Day for Mayor @RodCraig  
 #MoveWithTheMayor Challenge with a Walk at Einstein School! Thanks to all walkers who joined him & earned an additional 1K steps! Join the challenge against @WestChicagoIL, @VillageofGE Bartlett & @VOGHNews at hekahealth.com/wchicago.



1:30 PM · Sep 5, 2020 · Twitter Web App





# Social Media

Healthy West Chicago  
@HealthyWestChi

It was a beautiful morning here in @WestChicagoIL for a community walk for #HeartHealth! Thank you to all the residents that joined us for our first #MoveWithTheMayor walk of the year!

#MovingForHeartHealth #ActivePeople  
#KeepMovingWestChicago



Hanover Park IL @HanoverParkVig - Apr 19  
Let's get moving #HanoverPark! Join me, Mayor Craig, for the SparkAmerica Fit City Challenge. It's free! Win incredible prizes, including @VionicShoes! Sign up for the 6-week challenge & log any type of physical activity at [bit.do/FTVYa](https://bit.do/FTVYa) #movewiththemayor





# Social Media

**City of Augusta GA** @CityofAugusta · Sep 18  
Get moving with Mayor @hardiedavis and be proactive about our health.  
#HeartHealth #MoveWithTheMayor

**Hardie Davis, Jr.** @hardiedavis · Sep 18  
Last week I launched #MoveWithTheMayor w/@NatForumHDSP & Dr. Mac Bowman to make physical activity a priority in @CityofAugusta. Make sure you get your 30-minute workout in daily. Stay tuned for updates and more #MWTM activities coming soon #HeartHealth #ActivePeople @JohnClymer



🗨️ 🔄 ❤️ 1 📤

**Hardie Davis, Jr.** @hardiedavis · Sep 18  
Replying to @JohnClymer @CDCObesity and 9 others  
Fantastic. Let's #MoveWithTheMayor cross @CityofAugusta! I got 36 min in last night! #StrongerTogether #HealthyLiving

🗨️ 1 🔄 ❤️ 📤

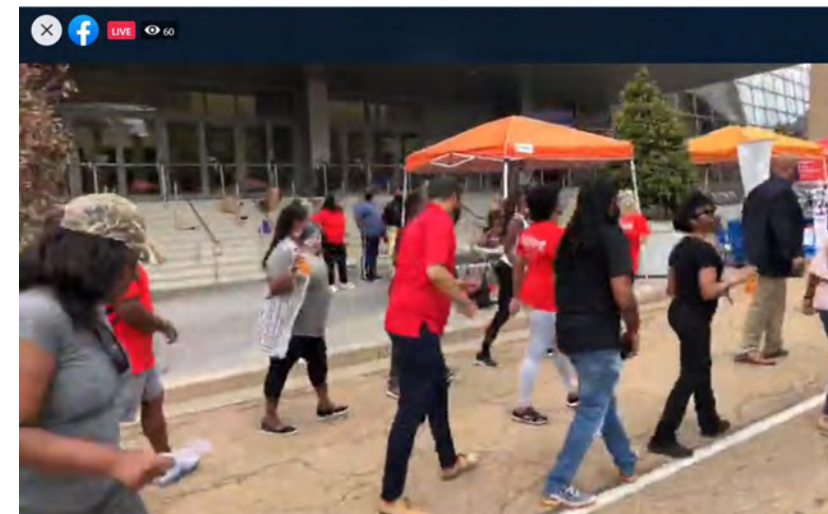
**Kim Norton** @MayorNorton · Sep 16  
Park Board-Ward 2 rep, Angie Gupta, and I had a walking meeting today on the grounds of the beautiful Plummer House. The trek up the hill was totally worth it and I learned a ton about invasive species in the area. Thanks, Angie!! #MoveWithTheMayor #rochmn #parks #ActivePeople



**Kim Norton** @MayorNorton


Tonight the Rochester City County adopted a resolution is support of "Step It Up!" the US Surgeon General's Call To Action to promote walking & walkable communities!  
#rochmn #MoveWithTheMayor #ActivePeople

7:22 PM · Sep 21, 2020 from Minnesota, USA · Twitter for iPhone





# Social Media



**MOVE WITH THE MAYOR AURORA**

MOVE WITH THE MAYOR is a national initiative that works with mayors across the country to challenge their communities to be more physically active and lower their chances of heart disease and its risk.

**WALK & JOG**  
w/ Happy Feet Walkers Club  
Saturday, September 12 | 9 a.m.  
Meridian Lake Parkway Trails  
Parking: 905 Meridian Lake Drive

**FUZE FIT EXERCISE**  
w/ Dance Fuze Studios  
Saturday, September 19 | 9 a.m.  
Dance Fuze Studios  
908 N. Lake Street.

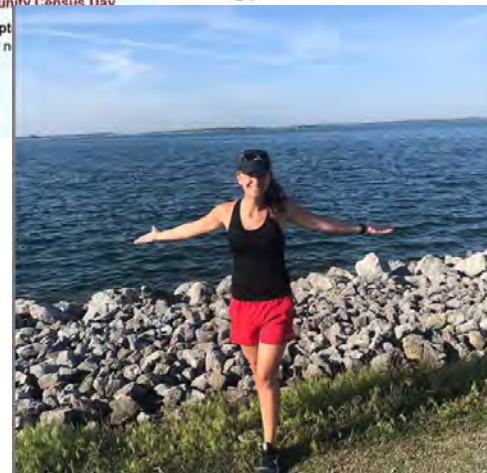
**VISIT NEIGHBORHOODS**  
on Community Census Day  
Saturday, Sept  
Various n

**mayorrichardirvin** • Follow

**mayorrichardirvin** AURORA JOINS NATIONAL 'MOVE WITH THE MAYOR' HEALTH INITIATIVE

Aurora Mayor Richard C. Irvin is joining other mayors in a nationwide initiative to increase outside physical activity and reduce heart disease and stroke by encouraging Aurora residents to get up and get moving.

"It's been a long six months of limited activity in order to keep our community safe," said Mayor Irvin. "As we continue to stay vigilant in the fight against COVID-19, I am encouraging residents to commit to their personal health as well by staying physically active."



**christinamuryn** • Follow  
Findlay Reservoir

**christinamuryn** A beautiful morning to enjoy a walk out at the Findlay Reservoir. #MWTMFindlay #MoveWithTheMayor #walk #hearthealth #FindlayOhio

21w

**janetsheneffield** ❤️

21w 18k Reply

**Jody227** We LOVE walking the reservoir!

21w Reply

**s.e.t.f.a.w.** Are we still in quarantine?

❤️ 👤 🗒

Liked by movewiththemayor and 82 others

MAY 24

Add a comment...

**Hardie Davis, Jr.** @hardiedavis • Oct 4  
#MoveWithTheMayor @CityofAugusta



Move With the Mayor looks to get people outdoors and in shape

HEPHZIBAH, Ga. WIDE Mayor Hardie Davis is working to get those living in the

👤 wjbf.co



**kmjnorton** • Follow

**kmjnorton** Lots of creativity on my #movewiththemayor forms! We've had over 100 turned in for the gift card drawings. THANK YOU to everyone for being #activepeople and supporting a #healthycommunity!

1w

**drgracia4sb** I'm all about the middle form on the left! 🙌

1w Reply

❤️ 👤 🗒

8 likes

OCTOBER 9

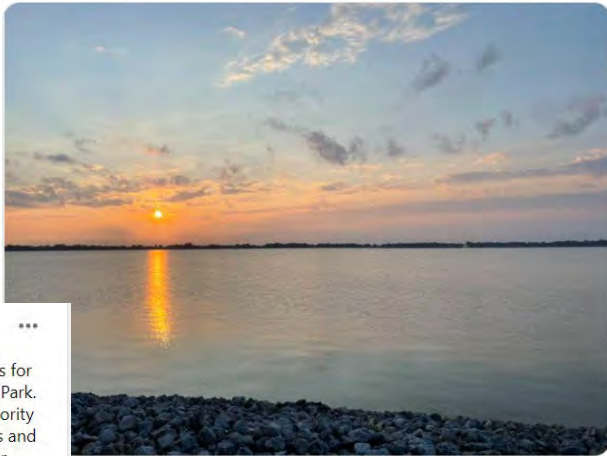


# Social Media



Mayor Christina Muryn  
@ChristinaMuryn

Started the day off with a beautiful sunrise walk around the reservoir. #FindlayOhio #MWTMFindlay #HeartHealth @NatForumHDSP @SparkAmerica



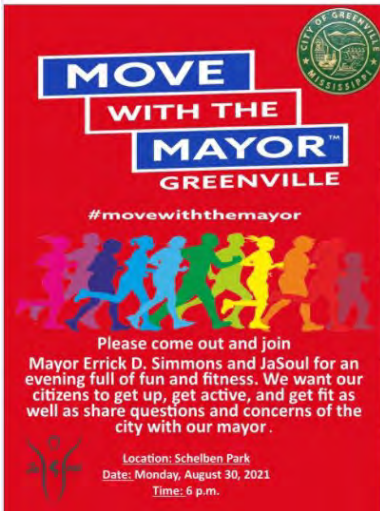
Gaithersburg Parks & Recreation posted a video to playlist Move With the Mayor.  
August 26 at 9:00 AM · 🌐

For the second year in a row we are proud to be part of the Move with the Mayor Campaign. Mayor Ashman invites you to #MoveWithTheMayor and commit to at least 30 minutes of physical activity a day and he's here to remind you of a great way to get some activity in. Sign up for the [Kentlands/Lakelands 5K](#)! The race kicks off on Sept. 4 at 8:30am, visit <https://gburg.md/3ks8mj6> to sign up today!



City of Greenville, Mississippi - Government  
August 19 at 10:38 AM · 🌐

If you missed the last MILES WITH THE MAYOR, be sure to join us for the next #MoveWithTheMayor, August 30th at 6pm at Schelben Park. Now is a better time than ever to make health and wellness a priority and build our community's resiliency. It all starts with the citizens and the businesses that make up the fabric of our community. Mayor Erick D. Simmons encourages everyone to get fit and active to stay healthy.



movewiththemayor  
@cityofwestchicago and @healthywestchi are inspiring community members to be active. Congratulations on making your physical activity count! #MoveWithTheMayor #HeartHealth #MoveYourWay  
\*Repost @healthywestchi with @make\_repost  
Join us on the lawn tonight at 6PM! We're at the West Chicago Library District. @wcpld #MoveWithTheMayor

Be the first to like this  
1 DAY AGO  
Add a comment...



NATIONAL FORUM  
FOR HEART DISEASE & STROKE PREVENTION

We Convene. We spark conversation. We accelerate collaboration.



# JOIN THE MOVEMENT



We Convene. We spark conversation. We accelerate collaboration.



# A NATIONAL MOVEMENT **CHANGING LIVES**

We build **Fit & Healthy Leaders** who spread the “spark” to others in the community through an annual calendar of digital challenges and events focused on:

- Fitness & Health
- Leadership Development
- Community Engagement

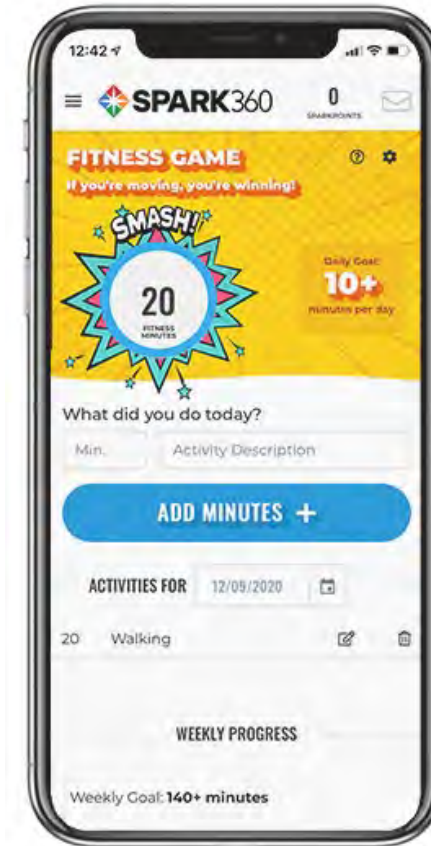
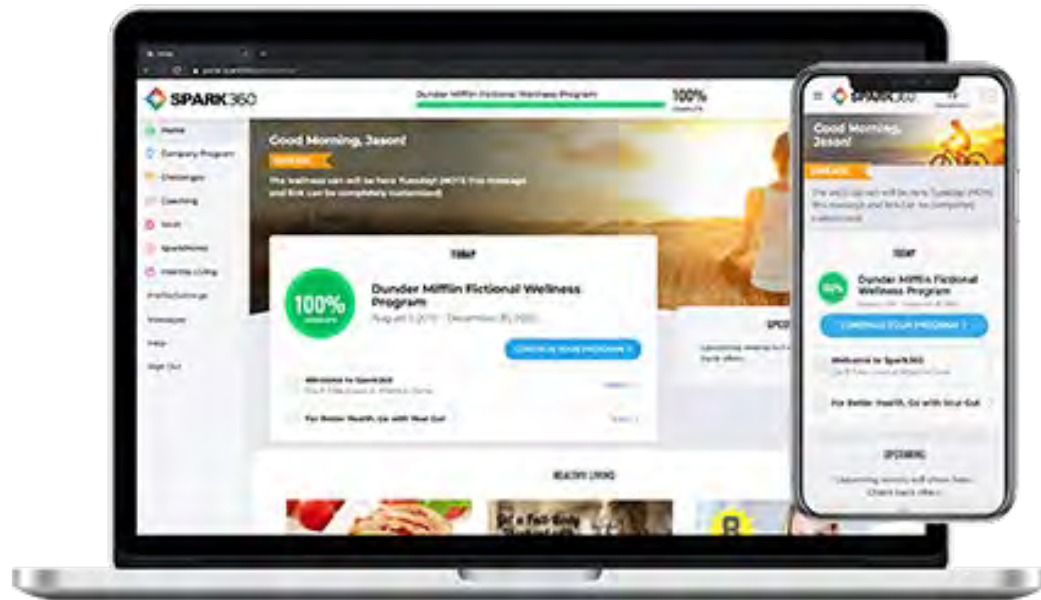
The SparkAmerica campaign leverages the same **Spark360 software for all cities** so Mayors across Spark People the country can partner.

This includes friendly competition leaderboards



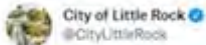
RANK	CITY	MINUTES
1	Cleveland	2,309,350
2	Pittsburgh	1,566,992
3	Columbus	737,046
4	Akron	672,676
5	Cincinnati	281,622
6	Detroit	134,667
7	Findlay	110,944
8	Altoona	94,605
9	Philadelphia	26,260
10	WestChicago	9,923
11	BatonRouge	748
12	Toledo	439

# ALL POWERED BY SPARK360 TECH





# MWTM + SparkAmerica



MOVE WITH THE MAYOR™ (MWTM) is a national initiative that works with mayors across the country to challenge their communities to be more physically active. The past year and a half has highlighted how important it is for each of us to take an active role in our health.



Mayor Craig is looking forward to kicking off the [#SparkAmerica](#) [#FitCityChallenge](#) to get moving to improve [#hearthealth!](#) Let's go [#HanoverPark!](#) Sign up at [sparkHanoverPark.com](#) or [bit.ly/3DkK8jJ](#) [#MoveWithTheMayor](#) [#SparkChallenge](#)



Kim Norton  
@MayorNorton

@CityofRochMN sneaks up to 23rd! Keep going and log your hours on the SparkAmerica page (under our city and your ward!) until October 15th. You can start anytime - it's not too late to join the [#MoveWithTheMayor](#) Fall Fit Challenge. [#ActivePeople](#)

10:25

portal.peopleonehealth.com

14	Seattle WA ▶	32,826
15	Denver CO ▶	30,566
16	Los Angeles CA ▶	30,412
17	Phoenix AZ ▶	28,725
18	Portland OR ▶	25,887
19	Altoona PA ▶	25,640
20	Tampa FL ▶	25,387
21	St Louis MO ▶	25,059
22	Houston TX ▶	22,655
23	Rochester MN ▶	22,454
24	Indianapolis IN ▶	21,568
25	Dallas TX ▶	20,896
26	Milwaukee WI ▶	19,661
27	San Diego CA ▶	18,676



Home Pay Water Bill Municipal Court COVID-19 Contact Us Translate

COMMUNITY GOVERNMENT BUSINESS I WANT TO...

Contact the City

Calendar

Newsroom

Facility Directory List

About Findlay

Camp 911

Cemetery

Community Heroes

COVID-19 Resources

DOIRA Information

DownTown Banners

Emergency Alert Program

Community

## Newsroom

Font Size Share & Bookmark Feedback Print

### Fit City Challenge Kicks-Off in Findlay Join the Movement

Post Date: 04/16/2021 10:27 AM



# SPARKFINDLAY

Mayor Christina Muryn announces the launch of the SparkAmerica Spring Fit City Challenge in Findlay. The challenge is a free and friendly competition to encourage individuals to be physically active. It runs from April 15, 2021, through May 31, 2021.

People who live or work in Findlay can participate in the challenge by visiting [www.sparkfindlay.com](#) and



**healthybicity** 🎉 Giveaway time! We have a great giveaway for five lucky winners to thank you for your participation in making our city healthier and more active! By simply tracking your activity as you have been, you'll be entered to win the amazing prize of a stylish and supportive pair of Vionic Shoes.

Remember that ALL activity counts! How to participate:

👉 All who track minutes this week will be entered to win.

👉 If you are not currently part of the challenge but would like to be, simply join Baton Rouge's #MWTM team, and track those minutes this week for your chance to enter.

[https://sparkamerica.com/spark-cities/](#)

Comment below if you're joining the SparkAmerica Fit City Challenge? #MoveWithTheMayor

10x



# MWTM + SparkAmerica

- Onboarding toolkit
- Please let us know if you'd like to sign up by July 31st
  - Free physical activity tracking platform
  - Supports friendly challenge



**Fall Fit City Challenge  
starts September 1<sup>st</sup>!**





# Flu Campaign



**WElyria - Frank Whitfield, Mayor of Elyria**  
September 18 at 10:19 AM · Public

Yesterday, Mayor Frank Whitfield got his first flu shot (see his video message in the comments).

As our communities still battle COVID-19, and with the upcoming flu & cold season, we wanted to take a moment to remind everyone of the importance of testing, awareness, and information. When we know our status through testing, and protect ourselves from virus and disease through vaccines, it provides the opportunity to inch toward normal as we know we're keeping ourselves, loved ones, and community safe and protected.

Be sure to reach out to your healthcare provider for information about receiving your #flushot, and remember: there's **FREE Drive-Up COVID-19 Community Testing** tomorrow in the Elyria City Hall Parking Lot from 9 AM - 3 PM through a partnership with **Lorain County Health & Dentistry** and the **Ohio National Guard**! #SeeYouThere

#MoveWithTheMayor #Elyria



You and 61 others

32 Comments 1 Share

**Eric Genrich** @MayorGenrich · Oct 12

It's more important than ever to get your flu shot this year. Area hospitals are at capacity levels now, so we all need to do our part to reduce flu transmission. Super quick and pretty painless. [vaccinefinder.org/find-vaccine](https://vaccinefinder.org/find-vaccine) #flufighter #stopthespread @NatForumHDSP



**Sharon Weston Broome** @MayorBroome · Sep 30

I got my flu vaccine, and you should too! It's likely that flu viruses and the virus that causes COVID-19 will both spread this year. Let's all do our part to protect our families, our friends, and our frontline workers!

Find a Flu Vaccine Near You: [vaccinefinder.org/find-vaccine](https://vaccinefinder.org/find-vaccine)



**TOGETHER WE CAN BEAT THE I**  
7 TIPS TO STAY HEALTHY THIS FLU SEASON

- AVOID TOUCHING EYES, NOSE AND MOUTH
- WASH YOUR HANDS
- AVOID CONTACT WITH SICK PEOPLE
- COVER YOUR COUGH
- WEAR A MASK
- STAY HOME IF YOU ARE SICK

**Steve Benjamin** @SteveBenjaminSC

To protect @ColumbiaSC from a viral flu epidemic, let's all step up, stand out, roll up our sleeves & get our flu shots early this season!

Thx to @DoctorsCareSC for making my flu shot easy & painless 🍷 this year!

Learn more about getting your flu shot:

[tinyurl.com/y4c87unk](https://tinyurl.com/y4c87unk)



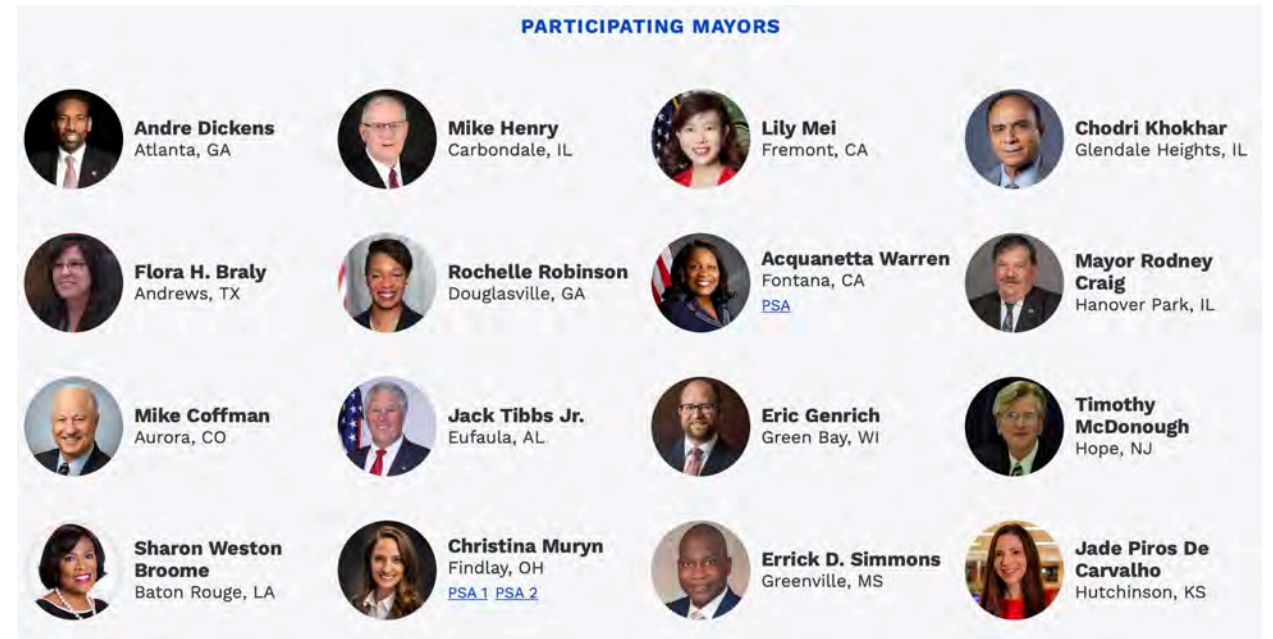
**City of Akron, Ohio** @AkronOhioMayor · Sep 24

Mayor Horrigan knows getting a flu vaccine is more important than ever because of the ongoing COVID-19 pandemic. Make sure to get a #FluVaccine to protect against flu and its potentially serious complications. Learn more: [cdc.gov/flu/highrisk/h...](https://cdc.gov/flu/highrisk/h...) #FightFlu #MoveWithTheMayor





# Adult Vaccination Initiative





# To Register & For More Information

---

Contact:

Michelle Snyder

Community Engagement Coordinator

[michelle.snyder.ic@nationalforum.org](mailto:michelle.snyder.ic@nationalforum.org)

618-534-6921