

## **Newmarket Residents Invited to Dec. 10 Community Forum on Creating a Healthier Lifestyle**

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DURHAM, N.H. -- How healthy is your community? Residents of Newmarket are invited to attend a town forum with occupational therapy students from the University of New Hampshire to learn about the findings of research being conducted for the Newmarket MOVES Creating Steps to a Healthier Lifestyle project.

The meeting will be held Tuesday, Dec. 10, 2002 at 7 p.m., in the Newmarket Town Hall. A question and answer period will follow the presentation.

The goals of the project were to research the activity levels and lifestyles of Newmarket residents by assessing the community. Students interviewed people throughout the community, concentrating on schools, health care centers, recreational centers and the town administration.

The information gathered will be presented at the meeting and input will be sought from Newmarket residents to inform recommendations for programs and activities that would be beneficial and utilized within the community.

For more information, contact the UNH Department of Occupational Therapy at 603-862-2167

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