



# PRESS RELEASE

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**FOR IMMEDIATE RELEASE  
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## **EAT WELL + MOVE MORE + FEEL BETTER = HEALTHY COMMUNITY**

*Employer group offers tips for Family Meals Movement, Suicide Prevention Month*

**MUSCATINE, Iowa** – In recognition of National Suicide Prevention Month and the Family Meals Movement, the #WorkingWellMuscatine employer group is offering some tips that support the Healthy Hometown concepts of Eat Well, Move More, Feel Better. Individuals can use these resources in their office, or share them with employees, friends, and neighbors. The goal is to build healthier workplaces and a healthier community.

### **Eat Well**



Did you know that September is Family Meals Month? According to the FMI Foundation, people who eat more meals together eat more fruits and vegetables, and have better diets in general. But did you know that family meals improve family connectedness, communication, expressiveness and problem solving too?

No matter how you define family, visit this website ([Stay Strong with Family Meals](#)) to learn more about staying strong with family meals.



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If you would like to know more about how having meals as a family is beneficial visit [#FamilyMealsMovement](#) and [NY Times Better Family Meals](#). Or just google family dinner and see what pops up.

September is also Better Breakfast Month - so visit [Build A Better Breakfast](#) for ideas to make breakfast better!

## **Move More**

Doing 30 minutes or more of exercise a day for three to five days a week may significantly improve depression or anxiety symptoms. But smaller amounts of physical activity — as little as 10 to 15 minutes at a time — may make a difference. Find something you enjoy and make it a habit! Visit [Depression and Anxiety: Exercise eases symptoms](#) for more information.



## **Feel Better**

A National Hotline has been set up to help people considering suicide get immediate help - Call or Text 988 for access to help 24/7.

Information about the National Suicide Prevention Hotline can be found at [#BeThe1To](#)

Most companies also have an Employee Assistance Program - check out the benefits that are available from your company and eat more, move more, and feel better.

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