

HealthyLeaders

5210 CHALLENGE 2019

We're in –
are you?



These community leaders from across Clallam County are embarking on a month-long challenge to live a healthier life. They accepted a challenge by the Olympic Peninsula Healthy Community Coalition to “Live 5-2-1-0,” a nationally-recognized, evidence-based program, and will strive to incorporate four healthy habits into each day for the entire month of July.

Eat **5** servings of fruit and vegetables

Reduce recreational screen time to **2** hours or less

Engage in **1** hour of physical activity

Drink **0** sugar-sweetened beverages

Every Day!

Summer is a great time for you, your family and your co-workers to try this challenge too!

Are YOU up to the Challenge?

DETAILS AT 5210CLALLAM.ORG

Our 2019 Healthy Leaders

Kate Dexter

Deputy Mayor
City of Port Angeles

Catherine McKinney

Program Coordinator
Clallam Mosaic

M.E. Bartholomew

Steering Committee Member
Compassion Clallam County

Russ Britton

Pastor
Dungeness Valley Lutheran Church

Marissa Martin, MS, RD, CD

Registered Dietitian and Diabetes Coord.
Lower Elwha Wellness Center

Jody Potter

Wellness Manager
Lower Elwha Wellness Center

Larry Jeffryes

Founder
Meals for Sequim Kids Fund

Arianna Flores-Cisneros

Community Resource Navigator
North Olympic Healthcare Network

Celeste Schoenthaler

Executive Director
Olympic Community of Health

Jennifer Burkhardt

Chief Human Resources Officer, General Counsel
Olympic Medical Center

Eric Lewis

Chief Executive Officer
Olympic Medical Center

Lee Schilling

Group Exercise Coordinator
Olympic Peninsula YMCA



Patty Waite

Executive Director
Parenting Matters Foundation

Wendy Sisk, LMHC

Chief Executive Officer
Peninsula Behavioral Health

Patsene Dashiell

Communications & Community Relations Coordinator
Port Angeles School District

Michael Dashiell

Editor
Sequim Gazette

Jim Stoffer

Board Member
Sequim School District & Sequim Chamber

Benji Astrachan

VISTA Community Food Project Coordinator
WSU Extension

Sharah Truett

Gleaning Program Coordinator
WSU Extension