



Healthy Pontiac, We Can!

Partner Spotlight



Karlton Akins

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Description of Organization:

We provide services for people with mental illness, developmental disabilities, and substance abuse disorders.

What would you like to highlight about your organization?

Every year we have a community resource fair in April and a recovery celebration in September.

Why did you join HPWC coalition?

To promote healthy eating and exercise to the people we serve in Pontiac.

What's the biggest benefit of being a part of HPWC?

The biggest benefit of being a part of HPWC is working with other agencies to make Pontiac healthier.

What are you most proud of in Pontiac?

I am most proud of the efforts of the faith-based community in Pontiac.

Favorite healthy meal?

Salad and grapes

Favorite exercise?

Walking

Three fun things about me:

1. I'm a father of 7 year old twins and a 6 year old.
2. I love beaches and love to vacation in beach towns.
3. I still play video games with or without the kids.

For more information on Oakland Community Health Network visit:

www.occmha.org or find their Facebook page at www.facebook.com/OCHN1