



Partner Spotlight



Buck (Floyd) Kopietz, Health Advocate D4Detroit

Description of Organization:

D4Detroit was formed in 2010 to help advocate the importance of Vitamin D, especially during pregnancy and childhood development. D4Detroit gives talks on Vitamin D and the hormone calcitrol to various groups, including medical professionals.

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

The biggest benefit of being a part of HPWC is the networking, but the benefits go beyond that. HPWC is compiled of diverse organizations and people who all made the commitment of making life better for the people in Pontiac.

What are you most proud of in Pontiac?

I'm proud of the diversity of organizations that have come together to improve Pontiac.

Favorite healthy meal?

My wife's version of a tostada - made with spicy salsa, tomato sauce, and ground turkey, over a mixed vegetable salad.

Favorite exercise?

I enjoy walking and bicycling.

Three fun things about me:

1. I was on the very first intercollegiate sports team at Oakland University (swimming 1965-1966).
2. I spent a semester studying in Europe on the first study abroad program at Oakland University.
3. I became a published author in 2016, after publishing a book with 10 friends called "One Cup at a Time" that features all authors lives and connections to Michigan.

**For more information on D4Detroit
email silkroadgems@gmail.com**