



## Partner Spotlight

# Sam Montney, Public Health Educator Oakland County Health Division

### Description of Organization:

Oakland County Health Division (OCHD) provides 40+ programs/services to the public, businesses, organizations, and educational communities throughout Oakland County. OCHD formed the Healthy Pontiac, We Can! (HPWC) coalition in 2011 to help Pontiac residents gain access to healthy food, become active, and live tobacco free. The coalition includes a diverse group of primary and preventative healthcare professionals, mental health experts, human service agency specialists, educators, clergy, government leaders, and local residents.

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

The relationships I have built and I am looking forward to all of the new relationships that will form as I become more involved with HPWC.

### What are you most proud of in Pontiac?

The sense of community.

### Favorite healthy snack?

Bananas & avocados. I have each daily!

### Favorite exercise?

Anything FUN where you are moving your body! Walking, yoga, group fitness classes, running, spinning/biking - you name it, I love it.

### Three fun things about me:

1. I was a yoga instructor.
2. I love exercise but not organized sports because I am not a fan of competition.
3. I LOVE pizza (with vegetables of course!)

### To find out more about OCHD:

Visit [www.oakgov.com/health](http://www.oakgov.com/health).

### To find out more about HPWC:

Visit [www.healthypontiac.org](http://www.healthypontiac.org) or [Facebook.com/healthypontiac](https://www.facebook.com/healthypontiac), or email [healthypontiac@gmail.com](mailto:healthypontiac@gmail.com).



Healthy Pontiac, We Can!