

BROCKTON, MA, September 21, 2013 **/24-7PressRelease/** -- Braemoor Health Center is proud to spread awareness about Child Health Day this October 7, 2013. Proclaimed a day of National Observance by President Calvin Coolidge in 1928, it was observed on May 1st until 1960, when it was transferred to the first Monday of October.

As part of the annual presidential proclamation for the day, organizations interested in child wellness are invited to join together on Child Health Day to help increase awareness of child health issues such as prenatal care, adolescent health, preventing injuries, immunizations, healthy eating and healthy lifestyle.

Healthcare organizations across the nation celebrate the day through various activities and events. The Health Resources and Services Administration provides educational resources for parents and schools about issues such as child obesity prevention and healthy choices. Today, according to the Center for Disease Control, about one in three American kids and teens is overweight or obese. That is nearly triple the rate in 1963, a major risk factor for serious health consequences later in life.

"Although we as a healthcare organization are obviously on the opposite end of the age spectrum, we at Braemoor feel a responsibility to spread awareness of Child Health Day. We are all one large community and the health of all of our citizens is equally important. In addition, the choices we make as youths directly impacts our health later in life," noted Jeff Martin, Administrator at Braemoor Health Center.

Braemoor Health Center has been proudly serving the community of Brockton, Massachusetts for over 70 years. Located at 34 N. Pearl Street, Brockton, MA, Braemoor is a premier 120-bed skilled nursing and rehabilitation center, providing high-quality care to each resident according to his or her needs. Braemoor Health Center provides top-notch short-term rehab and long-term care to its residents, consisting of physical, occupational and speech therapy. Braemoor also offers a renowned Alzheimer's/Dementia program, hospice and much more.

For more information on Braemoor Health Center, visiting hours or general inquiries, contact Jeff Martin at 508.586.3696 or at jmartin@braemoorhc.com. Visit our newly redesigned website at <http://www.BraemoorHC.com>. Like us at [Facebook.com/BraemoorHC](https://www.facebook.com/BraemoorHC) and Follow us at [Twitter.com/BraemoorHC](https://twitter.com/BraemoorHC).