

Putnam Ridge Celebrates Child Health Day

Written by Australian Business

POUGHKEEPSIE, NY, September 19, 2013 **/24-7PressRelease/** -- Putnam Ridge 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, 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 Putnam Ridge 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 Rosemarie Pottinger, Administrator at Putnam Ridge.

Putnam Ridge is a premier 160-bed skilled nursing facility located high atop Mount Ebo in picturesque Brewster, NY. Putnam Ridge, at 46 Mount Ebo Road North, Brewster, NY, 10509, offers 24-hour comprehensive inpatient care to residents of all ages, who enjoy stunning panoramic views of the surrounding landscape. Services offered include exceptional short-term rehabilitation for individuals coming from an acute-care setting, as well as superior long-term care and hospice care. Putnam's highly trained team of physical, occupational and speech therapists carefully tailor unique recovery programs for each resident.

For more information on Putnam Ridge, visiting hours, or general inquiries, kindly contact Rosemarie Pottinger, Administrator at 845-278-3636. Kindly visit our newly redesigned website at <http://www.PutnamRidge.com>. Like us at [Facebook.com/PutnamRidge](https://www.facebook.com/PutnamRidge) and Follow us at [Twitter.com/PutnamRidgeCare](https://twitter.com/PutnamRidgeCare).