**FOR IMMEDIATE RELEASE**

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**Step Up to a Healthy Life class announced**

PARKERSBURG – The Mid-Ohio Valley Health Department announces its first classes for its new health initiative, Step Up to a Healthy Life.

The first class will be held from 9 a.m. to noon Saturday, Aug. 27 at 211 Sixth St. in Parkersburg, in the first-floor conference room. A second class is scheduled for 9 a.m. to noon 4911Sept. 24. Seats are limited and registration is required. To register, visit <https://tinyurl.com/2p9279u3> and select the date and number of seats needed.

The class will discuss all the steps in the program, as well as giving information on how to live a healthy lifestyle.

A Facebook page for the initiative can be found linked to the Mid-Ohio Valley Health Department Facebook page. It will have up-to-date information and health recommendations for the program.

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The Mid-Ohio Valley Health Department serves Wood, Wirt, Calhoun, Pleasants, Ritchie and Roane Counties. It is located at 211 Sixth St. in Parkersburg. The offices are open 8 a.m. to 4 p.m. Call 304-485-7374 or visit the website, movhd.com for more information. Follow them at Mid-Ohio Valley Health Department MOVHD on Facebook and @MOVHealthDept on Instagram and Twitter.