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NEWS RELEASE

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September's 'Big View' Meeting Focuses on Health

DUBUQUE, Iowa –The public is invited to attend the Circles® Initiative Big View meeting from 6:30 p.m.-8:00 p.m. on Tuesday, September 27, at Prescott Elementary School, 1151 White Street. The meeting will begin after a free meal at 5:45 p.m. in the Prescott School cafeteria.

Jim and Jennifer Romangna, personal trainers and local fitness experts, will discuss the link between physical health and fitness to emotional stability and effectively dealing with stress. Jim and Jennifer will also share activities and exercises to perform in winter months to remain healthy physically and emotionally. City of Dubuque Leisure Services Recreation Supervisor Anthony Elskamp will also be available to hear suggestions of what programs to offer in the City of Dubuque Leisure Services Spring/Summer 2012 Catalog.

The meeting is offered as part of the monthly Big View series of meetings of the City of Dubuque's Circles® initiative, a campaign to transform communities by building relationships that inspire and equip people to end poverty. Each month, a Big View meeting is held on a topic that invites the community to provide input and support to the systemic issues related to poverty.

Circles® is co-sponsored by the City of Dubuque's Housing Department, DubuqueWorks, and Project HOPE, under a contract with the Community Foundation of Greater Dubuque.

For more information, contact Circles Coach Ermina Soler at (563) 589-4230 or esoler@cityofdubuque.org.

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