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**Contact:**

Denise Dixon, United Way of the Greater Seacoast, 603.285.3021

### **Piscataqua Savings Bank supporting a healthy community**

Portsmouth, NH ó On November 20, 2009 Dr. Susan Lynch spoke to employees of Piscataqua Savings Bank as they kicked off their annual United Way Campaign. Dr. Lynch applauded PSB's long-term commitment to promoting a healthy lifestyle for their staff and talked about the statewide Healthy Eating Active Living (HEAL) Initiative.

In 2006, over 60% of NH adults were overweight. Overweight adults have an increased risk of a number of chronic health conditions including diabetes, stroke and heart disease. The HEAL Initiative is aimed at improving the health and quality of life for New Hampshire residents. The organization has developed an action plan for statewide efforts to assist residents in adopting and maintaining a healthy weight. Ann Peters, Executive Director of Lamprey Health Care, and Dr. Sarah Oxnard, Medical Director at Lamprey Health Care, were also present to explain how their programs encourage patients to practice healthy eating and living habits.

As part of their long term commitment to their staff and their community Piscataqua Savings Bank developed a walking program five years ago to encourage employees to lead healthier lifestyles. Piscataqua Savings Bank has long upheld a strong commitment to the community's wellbeing and growth. They demonstrate their support by working with United Way of the Greater Seacoast in addition to a wide range of programs and initiatives all through the year.

[Photo attached]: From left to right: Jay Gibson - Piscataqua Savings Bank, Ann Peters - Lamprey Health Care, Dr. Susan Lynch, Dr. Sarah Oxnard - Lamprey Health Care, Shannon Dooling - United Way of the Greater Seacoast standing in front of PSB's Kid's Bank.

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*United Way of the Greater Seacoast (UWGS) is a locally governed nonprofit organization working to advance the common good by focusing on the building blocks for a good life – education, income and health. UWGS develops, supports and works in groundbreaking partnerships in the Greater Seacoast region of NH and Southern Maine to create long-lasting changes that prevent problems from happening in the first place and create opportunities for a better life for all. For more information, visit [www.uwgs.org](http://www.uwgs.org).*