



# HealthyTown-Everywhere Program Returns to Royal Oak



In 2004, United States Surgeon General Dr. Richard Carmona gave a statement that brought the growing epidemic of childhood obesity into the national spotlight.

“Because of the increasing rates of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents,” said Dr. Carmona in his testimony.

When this news made its way to Dr. Paul Ehrmann, a family medicine physician in Royal Oak, he knew he had to do something about it.

More than 10 years later, Dr. Ehrmann is still working toward a solution by empowering his patients to make the right choices as a family.

“My feeling is that physicians need to reach outside of the walls of their practice and help keep their communities as healthy as they can,” said Dr. Ehrmann.



HealthyTown-Everywhere  
 Founder Dr. Paul  
 Ehrmann, Courtesy  
 Image

As a physician with over 35 years of practice, he understands the importance of involving the whole family when it comes to living healthier.

That's why Dr. Ehrmann developed a new program, HealthyTown-Everywhere, which provides hands-on education for both adults and children right in their community, where many decisions that affect our health are made—in the grocery store.

The free HealthyTown-Everywhere program includes nutrition education, grocery store tours, blood pressure and BMI screenings, along with discussions about health and wellness.

Earlier this summer, Dr. Ehrmann and partners from Wayne State University and Michigan State University hosted their first event at Holiday Market on Main Street in Royal Oak. The program will return to Royal Oak on Saturday, Sept. 24 and Thursday, Nov. 3 from 10:30 a.m. to 1:30 p.m.

Each event will feature new healthy options for guests to learn about and explore. On Sept. 24, representatives from the metro Detroit YMCAs will be on hand to discuss physical fitness, answer questions and discuss upcoming programming opportunities available to the community.

Dr. Ehrmann ultimately hopes his program can be used as a model for other physicians to implement in their own communities across Michigan and beyond.

“We hope it will grow to other communities,” said Dr. Ehrmann, whose practice is designated as a Patient-Centered Medical Home by Blue Cross Blue Shield of Michigan.

***The HealthyTown-Everywhere program will be held at Holiday Market, 1203 S. Main St. in Royal Oak, from 10:30 a.m. to 1:30 p.m. Sept. 24, 2016 and Nov. 3, 2016.***

Watch the video below to learn more:

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