



Healthy Pontiac, We Can!



Partner Spotlight

Mallory Metzger, Program Coordinator Oakland University - Prescription for Health

Description of Organization:

The Prescription for Health program was established through a grant provided by Blue Cross Blue Shield of Michigan in collaboration with HPWC. The program helps to educate people with chronic conditions on proper nutrition and physical activity, and connects them to local markets and exercise opportunities in Pontiac.

What would you like to highlight about your program?

Since this is the first time a program like this has been introduced in Pontiac, we are recruiting participants all summer. Keep an eye out for us!

What's the biggest benefit of being a part of HPWC?

The biggest benefit would be the people that I have met and the connections that have been made. It is so important to know the community members if you really want to influence change in Pontiac!

What are you most proud of in Pontiac?

The people that want to better themselves and their community, and find ways to help the city grow.

Favorite healthy meal?

Tomatoes with mozzarella and a little olive oil.

Favorite exercise?

Weight lifting or HIIT classes.

Three fun things about me:

1. I love dogs. My favorite are Dalmatians!
2. I am a twin.
3. I am currently working on my Masters in Behavioral Health Psychology at Oakland University.

For more information on Prescription for Health call or text 248-266-282 or email rxforhealthpontiac@gmail.com.



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