

# Be Well in Livingston



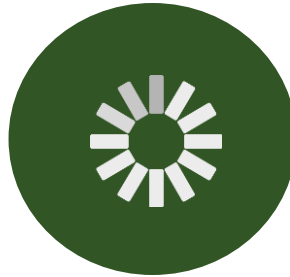
January 2018, Status Update

## A PATH TO WELLNESS IN NUNDA



### Completed

- 12 Focus Groups
- School Health Assessment
- Worksite Wellness: Nunda Lumber vowed to include healthy food options at staff meetings, offer PTO for preventative cancer screenings, and donate wood/supplies to build a deck and create an outdoor exercise station
- Historical Walking Trail approval



### In Progress

- Steering Committee
- Increasing physical activity in classrooms through standing desks and stability ball chairs
- Healthy snack vending machine in school
- Historical Walking Trail set-up



### Coming Next

- Community Kick-off Event



Remember, building a healthy community requires a wide-spread effort. Our goal is to support Nunda's needs to make sustainable changes geared toward living a healthy, balance life. Help us spread our message of healthy living! Together, we *can* and we *will* live well in Nunda!