

# BE WELL IN LIVINGSTON



A PATH TO WELLNESS IN NUNDA

## STATUS UPDATE

Thank you all for meeting with us, sharing your opinions, and helping identify the health needs of the Nunda community. We are one step closer on this path to wellness!



### Completed:

11 Focus Groups

### Coming Next:

Steering Committee

#### Nunda residents define being healthy as:

- Balanced diet
- Active lifestyle
  - Stress-free
  - Positive mindset
- Good hygiene
  - Drug-free

#### Nunda currently supports healthy lifestyles through:

- Parks
- Walking trails
- Farmers market
  - Healthcare facilities
- Spiritual resources
- Public school athletics

#### The Nunda community's healthy wish list includes:

- Community education programs
- Increased healthy food options
- Substance abuse solutions



Building a healthy community requires a wide spread effort. Families, governing officials, educators, business owners, clergy leaders and healthcare providers; all community members must join together with the common goal of improving health. Eating well, being physically active, educating ourselves, supporting our youth, and utilizing community resources are the key components to healthy community living. We are working to provide the necessary resources in Nunda – we need your help to put these resources in action and make Nunda a healthy place to live.

Together, we **can** and we **will** live well in Nunda!

\*\*Be on the lookout for more Be Well in Livingston news\*\*