

About This Initiative

The towns of Wellesley and Needham received a mini-grant award from the West Suburban Community Health Network Area 18 (CHNA 18), to enhance the efforts of the Eat Well/Be Fit Committee in Needham, and examine whether replication of this model in Wellesley could help the health department forge new partnerships with town departments and organizations grappling with childhood, adult and senior overweight/obesity issues, as well as other



barriers to achieving a healthy lifestyle.

Grant allows for new partnerships to be developed

The Healthy Wellesley Committee

was formed to assess these concerns in the community, and identify programs, resources and materials available to address them. Many exciting ideas have been generated.

Take a peak inside to see a description of healthy living programs in the development stage or accessible right now.



Healthy Wellesley is a community based wellness initiative whose mission is to promote a healthy lifestyle, and identify the bounty of health and fitness resources in the Town of Wellesley.

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Healthy Wellesley

*Your community...
Your health*

Town of Wellesley

Tel: 781-235-0135

A Bounty of Resources...

During the inaugural meeting of the *Healthy Wellesley* committee, a plethora of health and fitness programs were described that exist in the community, from toddlers to teens, and adults to seniors. Here is a sampling of programs underway at the schools:

- Walk to school days (1x/month)
- Strive for Five - highlighting a fruit and vegetable of the month
- Exercise Across Massachusetts - focuses on after school activities that kids can do on their own
- Fitness Fridays - circuits/stations are set up at the Middle School
- There are no vending machines and snack food choices have been modified and are limited

There are a variety of classes and programs offered through the Recreation Department for all age groups, and the Council on Aging offers programming for residents 50+. Take advantage of the marked trails and guided walking tours on the weekends.



Healthy living programs are available communitywide!

The grant will allow us to develop a resource guide that will highlight the bounty of healthy living resources available in Wellesley. It will be available in the Spring of 2008. Check out our plans for Fall 2007 and Spring 2008.

Schedule of Events:

Fall 2007 Town-wide Promotion of Healthy Wellesley Begins

- Kick off of Strive for Five/Fruits and Veggies More Matters at all elementary schools; fruit and vegetable of the month will be announced in the newspaper, school newsletters and Council on Aging newsletter.
- Featured speaker: Gary Marino of the Million Calorie March (October 2, 2007 6:00PM at the Wellesley Free Library) Also Needham nutritionists Lyn Schwartz and Alison Lanifero will impart their wise nutritional advise at separate events. Dates TBD.
- Farmers Market in Needham in October will feature locally grown produce from Needham and Wellesley farms.

Spring 2008

- Wellesley and Needham trails will showcase circuits/stations at trail markers; guided trails walks and fitness "classes" using the stations will be offered. Trail maps will be available throughout town.
- Featured speakers: Lea Susan Ojamaa, MA Dept of Public Health will discuss the built

environment; Jen Tuttleman, Needham's nutritionist extraordinaire. Dates TBD.

- End of the grant celebration at a trail connecting Wellesley and Needham. Fitness aficionados Mark Fenton and (Needham resident) Seth Bauer will tout the benefits of walking - everywhere! Local VIP's will be on hand to lead the charge for healthy living in our communities. Recognition and certificates will be awarded to individuals and families that completed the Strive for Five/Fruits and Veggies More Matters program. *Healthy Wellesley* resource guide will be introduced.
- *Healthy Wellesley* resource guide will be disseminated throughout town



Healthy Wellesley is comprised of the health, recreation and school departments; council on aging, youth director/youth commission; natural resources commission/trails committee; MA dept of public health; representatives of Newton-Wellesley Hospital/Potluck Puzzles, and an intern from the Emerson-Tufts Graduate Program in Health Communication