



Our goal is to help you eat better, move more and stress less!



## Completed

1. Completion of Communication Assessment
2. Promotion of Be Well in Lima and Community Survey at Independence Day event
3. Printed posters, business cards, and other promotional materials
4. Be Well table and promotion at Lima Crossroads Festival and Evening of Hope
5. Completed the School Health Index (SHI) with Lima Primary School
6. Letter of intent submitted for Rochester Area Community Foundation grant
7. Completed Lima Community Assessment with 56 participants
8. Completed Focus Group with Lima-Bloomfield VFW
9. Presented at Lima Golden Agers with over 40 participants
10. Published ad featuring “Eat Better, Move More, and Stress Less” resources in Lima
11. Development and approval of “Be Well in Lima” branded logo



## In Progress

1. Steering committee development
2. Promote Evidence-Based Programs
3. Determine and implement school policy/practice change based on assessment results
4. Update GVHP website to feature *Be Well in Lima* page
5. Complete two additional focus groups or surveys with parenting group and faith-based group



## Future

1. Implement activities and educational opportunities
2. Conduct worksite assessment and policy/practice change
3. Facilitate environmental change (i.e. park, path or trail) – Community Change Assessment
4. Recruit community volunteers to fill committee roles, including leader/facilitator(s), secretary, and media and promotion
5. Compilation of data and analysis in partnership with Pivotal Public Health Partnership
6. Lima Bean 5K Run/Walk

# A PATH TO WELLNESS IN LIMA

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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 Lima– we need your help to put these resources in action and make Lima a healthy place to live.

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

Join us on Facebook @Positively Lima  
→ Email [BeWell@gvhp.org](mailto:BeWell@gvhp.org) or [mayor@villageoflima.us](mailto:mayor@villageoflima.us)  
or visit [www.gvhp.org](http://www.gvhp.org) for more information  
or to become a committee member.