

Bringing Wellness to Your Community with the Mayors Wellness Campaign

> League of Municipalities Conference November 19, 2024



Julie DeSimone Director of Community Health jdesimone@njhcqi.org



Thank you to our Sponsors, Funders, and Partners





The Horizon Foundation for New Jersey





New Jersey State League of Municipalities



About the Quality Institute

- As a nonprofit organization, the Quality Institute is the *only* independent, multi-stakeholder advocate for health care quality in New Jersey.
- Both a grant funded and member organization, the Quality Institute convenes a unique and multi-faceted community.
- At the Quality Institute, we believe that collaboration is essential to improving our health care system.

A TRUSTED VOICE IN HEALTH CARE QUALITY



Our Work – Community Health

Mayors Wellness Campaign

- A statewide community health initiative that provides evidencebased tools and strategies to help residents achieve healthier lifestyles improve overall health and wellness in their communities.
- **400+** participating communities



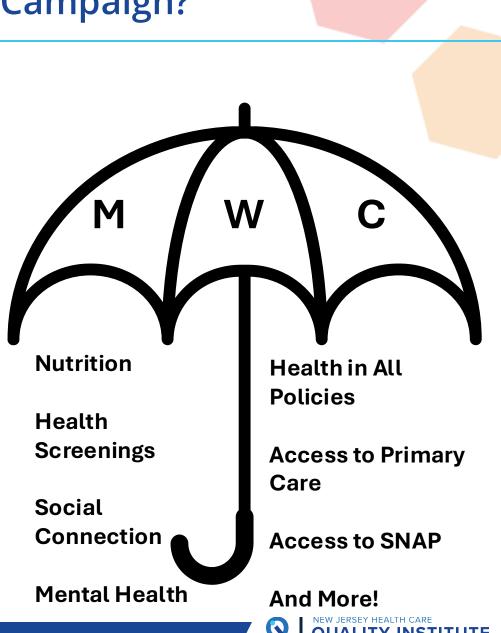




Why Participate in the Mayors Wellness Campaign?

Benefits include:

- ✓ Support and technical assistance
- ✓ Strategies and tools
- ✓ MWC Quarterly Newsletter
- Connections to local partners
- ✓ Press kits
- ✓ Networking
- Information on funding opportunities
- Opportunity to receive a 'Healthy Town' designation



6

Mayors Wellness Campaign Resources

EVIDENCE-BASED TOOLS TO BUILD HEALTHIER COMMUNITIES







WHAT IS SOCIAL ISOLATION?

Social isolation is the lack of social connections which can lead to Ioneliness and have serious long-term effects on overall health and wellness. Health risks associated with social isolation and ioneliness include premature death, increased risk of dementia, and increased rates of depression, anxiety, and suicide. Social isolation has increased because of the pandemic and the need for social distancing. Even prior to the pandemic, 43% of adults age 60 or older reported feeling lonely, and those numbers have only increased over the past year.

Residents can use AARP's Social Isolation Risk Assessment to gauge their risk.

W BENEFITS OF CONNECTEDNESS

There are many benefits of being socially connected and integrated into a community. Individuals who have stronger social connections are happler, have fewer mental health concerns, and have better overall health outcomes. The New Jersey Health Care Quality Institute's Mayors Wellness. <u>Campaign (MWC)</u> has developed a guide to creating a volunteer-based program to address the issue of social isolation in your community and get people connected. Older adults are the target recipients of this program; however, volunteer opportunities also benefit the volunteers themselves. Volunteering can reduce the risk of depression, create a sense of purpose, and helps individuals stay mentally and physically active, all of which are important supports needed at this time.

1



Social Determinants of Health Resources

Tools to Build Healthier Communities

MAYORS WELLNESS CAMPAIGN

FOLLOW THEIR LEAD

Stafford Township has

Department of Public

Works, Rutgers

lanagement to develo

lanagement Pla<mark>n. T</mark>hi

sewage lines, reduced

flooding, enhanced

nd improved 200 acre

f waterway. Stafford ha

launched stormwate

ducation workshops f

sidents which highligh

how individual actions

can contribute to

community health and

nprovement. They have

also distributed over 80

The Mayors Wellness Campaign offers free, or low-cost, tools and strategies like this one to make your community a healthier place to live, work, and play. We encourage you to look through all of the MWC Tool categories.

How does land use planning and policies

their health. Many towns across the county have adopted a Health in All Policies

approach to improving health outcomes by

decision-making across sectors and policy

decisions made may impact the health of a

areas. The goal is to consider how any

Social determinants of health are the

including health considerations into

community and its residents.

conditions in the environments where people live, work, and play which impact

impact community health?

Environment & Health

Land Use Planning for Sustainable, Healthy Communities

(?) What Is land use planning?

Land use planning is the process of determining how land will be used and developed. Local leaders, property owners, and developers can consider things like promoting physical activity, accessibility for people of all abilities, protecting air and water quality, and reducing noise pollution, when undertaking the planning and permitting process. These decisions help make communities healthier places to live, work, and play. They also help older residents stay in their communities.



Stafford Rain Barrel Program

Municipal leaders play a crucial role in shaping local policies which impact the health and wellness of their residents. For instance, land use designs and policies can improve walkability, safety, and sense of community while decreasing isolation, crime, and stress. By improving activity-friendly routes to various places in a community, local leaders will not only increase access to grocery stores, health care services, employment, and parks, but will encourage physical activity, which can reduce the risk of chronic and mental illnesses.

MWC Tool- Land Use Planning

Physical Health and Nutrition

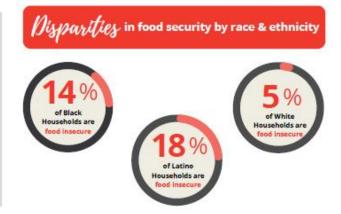
(?) What Is Food Security?

Food security is when every person in a household has consistent access to enough food to live an active, healthy life.

Food Security

What does food security look like in NJ?







Mental Health Initiative

- Development of a Mental Health Toolkit
- Mental Health First Aid Trainings for community partners
- Mental Health First Aid Impact Report
- Access to experts in the field to bring training and education to residents
- Community technical assistance







MWC Healthy Town Designations

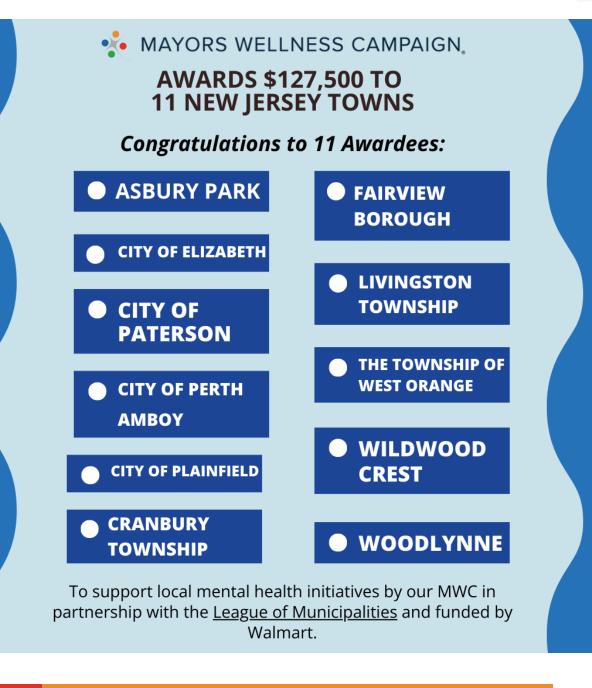
Towns can be awarded one of three designations:

- Healthy Town Gold
- Healthy Town to Watch Silver
- Healthy Town Up and Coming Bronze

Apply at www.njhcqi.org/mayors-wellnesscampaign by January 17, 2024.



Mental Health Initiative





Mayors Wellness Campaign and Sustainable Jersey

Health & Wellness	
Anti-Idling Education & Enforcement Program	
10 Points	
Building Healthier Communities	
5 Points	
 This action has variable points: 5, 10, 15, 20, 25 Competitive funding available 	
Health in All Policies Professional Development	
10 Points	
3 Safe Routes to School	
10 Points	
Smoke-Free and Tobacco-Free Public Places	
10 Points	
 Submissions for this action do not expire 	





Launching your Mayors Wellness Campaign

- 1. Sign the Mayors Wellness Campaign Annual Pledge of Participation
- 2. Form and Develop Your MWC
- 3. Identify Community's Health and Wellness Needs and Set your Community Health Goals
- 4. Determine your Programs and Events
- 5. Evaluate your Program



Already Involved in the Mayors Wellness Campaign?

For Existing MWC towns:

- 1. Sign the Annual MWC Participation Pledge online at <u>www.njhcqi.org/mayors-wellness-campaign</u>.
- 2. Identify your local health needs and implement appropriate programming using the Healthy Town rubric to guide you. The Quality Institute is here to help!
- 3. Apply to be a New Jersey Healthy Town.
- 4. Use the MWC logo to advertise your events.
- 5. Share pictures of events and policy or programming outcomes with Quality Institute Staff.



MWC's Conversation of Your Life (COYL) Program

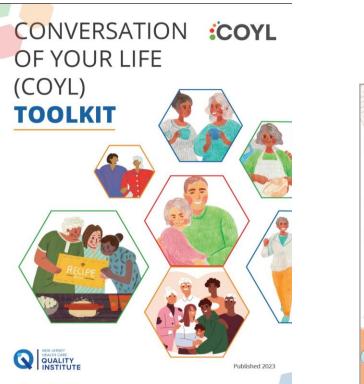
COYL

Q



How can you incorporate COYL into your MWC?

- Align COYL with your Healthy Aging Initiatives
- Utilize our updated COYL toolkit
- Include COYL in your program planning for 2023
- Host a COYL program for your residents
- Access and share COYL resources
- Sign a Mayoral Proclamation or Council Resolution







Introducing our MWC Community Hub

In response to feedback gathered from our statewide survey, we've designed a platform to enhance collaboration, share resources, and strengthen connections between towns participating in the MWC across New Jersey.

This hub will be launching in January 2025 and we encourage you to sign up at our booth to be added to the hub.



MWC Community Hub Features

Message Board

Share updates, announcements and success

Resources and Tools

 Section full of MWC resources like toolkits, best practices, webinar slides and other materials to support your efforts

MWC Calendar

Highlights key dates for MWC

Chat

• Real-time chat feature to quickly reach out to community leaders and MWC staff

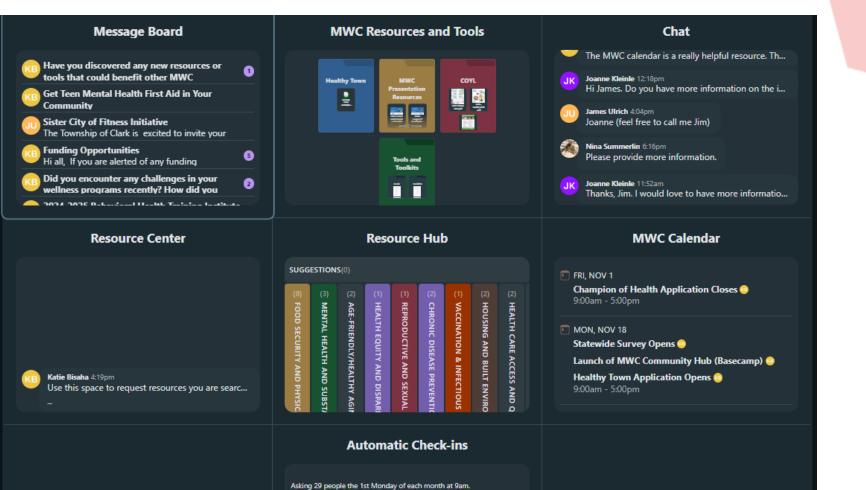
Resource Hub

• This area houses evergreen resources and initiatives from other organizations

Automatic Check-ins

• Automatic prompts each month for you to share updates on your MWC





What is your Mayors Wellness Campaign Doing this Month?

Asking 26 people the 1st Wednesday of each month at 9am. What health and wellness goals is your community focused on this month?





Bergenfield 2024 Mayor's Wellness Program: Leveraging Community Partnerships

Bergenfield 2024 Mayor's Wellness Program: Leveraging Community Partnerships

Tuesday NOV 19th 2024

Presented by: Mayor Arvin Amatorio





Overview of 2024 Bergenfield Mayor's Wellness Program

- The 2024 Bergenfield Mayor's Wellness Program aims to foster a healthier community through comprehensive initiatives designed to promote physical activity, nutrition education, and overall well-being among residents. Guided by a commitment to community health, the program strives to:
- Promote Physical Activity:
- Enhance Nutrition Education:
- Foster Community Engagement:
- Leverage Partnerships:
- Measure Impact:
- Promote Long-term Health:



Through these strategic objectives, the 2024 Bergenfield Mayor's Wellness Program seeks to create a culture of health and wellness that benefits the entire community, fostering a healthier future for all residents.



Importance of Community Partnerships

Why Community Partnerships Matter

- Bergenfield Mayor's Wellness Program 2024
- Community Support:
- Valuable Feedback:
- Positive Outcomes:
- Sustained Engagement:
- Collective Impact:
- Together, we can create a healthier COMMUNITY

Impact on Program Success and Sustainability

- Bergenfield Mayor's Wellness Program 2024
- Visible Engagement:
- Increased Participation:
- Sponsor Support:
- Instructor Motivation:
- Long-term Commitment:
- Building a healthier future together!



Overview of Partnerships

Types of Partners:

- Financial Sponsors: 20 sponsors supporting the program financially
- Activity Sponsors: 12 sponsors providing resources for program activities
- Champions: 6 individuals who dedicated significant time and effort

	MAYOR'S	WELLNESS 202	4	
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LIOL				
NON COMPETITIVE FUN RUN @ BERGENFIELD HIGH SCHOOL PROGRAM WILL RUN FROM APRIL 143TH THROUGH MAY 243TH				
BERGENFIE Proud to Bi Stigma-Fr RREE, ALL ARE W			THE BAR STATE	
MONDAYS Martial Arts <u>w/Mas</u> FKA Martial Arts Kids 6pm-7pm/Adu	ter Ace	TORIO Ridi Meyor Mayors Wellness campaign	COACH ED (201)294-5558	
VFW 6467		1022 New Jersey Healthy Town		
	8 THURSDAYS			
			from April 14th to May 24th. Imply present the Registration for	
	yor's Wellness Campaign			
TUES	SDAYS		NESS KAN	
	The Bar Method	AGE SPECIFIC	MARIDA EN A	
-	Online Classes 6:15pm The Bar Method Closter	TIMES/DAYS	ZEN In TEN	
6pm-7pm	The bar Method Closter	Tae Kwon Do w/Master Hong		
w/Ross, Saloney &	<u>cc</u>	25 S. Washington Ave		
WEDI	NESDAYS	THURSDAY	S TRANSPORT	
Martial Arts <u>w/Master Ace</u> FKA Martial Arts	Qigong Classes for Sen w/Fabienne Louis 10am-11am			
Kids 6pm-7pm	Sunshine Adult Day Ca		the bar method	
Adults 7pm-8pm VFW 6467	16 N Washington Ave	293 Murray Hill Te		
	RSDAYS 🗸	(Brookside Garden	IS) FRIDAYS	
Basketball Clinic w		YOGA SIX	Line Dancing	
3 weeks for 3rd - 5t	•	ield Recreation Center	Bergenfield Recreation Center	
 4/18,4/25 & 5/2 Last 3 weeks 6th - 4 		m <u>(Norwood</u>	7pm-9pm w/Ed and Sally Ariola &	
 5/9, 5/16 & 5/23 		<u>Norwood</u>	St. Mary's Line Dance Leaders	
Limited to 30 participants for each session. Bring your own basketball and water bottle.				
	NEW JE	ALITY INSTITU		



Financial Sponsors

Listing of Financial Sponsors

- 1. Sariling Atin Asian Grill Bergenfield
- 2. New York Life
- 3. RN Express Staffing Registry, LLC New York
- 4. E.G. Enriquez & Co., Inc / H&R Block Bergenfield
- 5. Technology Dynamics Inc. Bergenfield
- 6. Scott Graphics Printing
- 7. New Bergenfield Pharmacy
- 8. Bergenfield Physical Therapy and Pain Management
- 9. Bamboo Grill Bergenfield
- 10. Dumont Eye Care
- 11. Sierra Madre Food Mart Bergenfield
- 12. HealthForce Training Center USA Bergenfield
- 13. American Pinoy Food Mart Bergenfield
- 14. Tommy Fox's Bergenfield
- 15. ComforCare Home Care Bergenfield



Contribution Details & Benefits to the Program



Activity Sponsors

- Listing of Activity Sponsors
 - At least one event per day with most days having two with varied age groups 70% of instructors are from Bergenfield
- Types of Activities Supported
 - Youth to Senior
- Engagement and Participation Numbers
 - 1,772 Participants
 - 2,658 lbs. lost
 - 78 Classes
 - 30 Sponsors





Champions

- Introduction to Champions
 - Volunteers who create, schedule, participate and promote
- Their Role and Impact on Program
 Implementation
 - Plan, Implement and Participate
- Examples of Their Contributions
 - First Lady Recruit Sponsors
 - Recreation Director coordinate events and ensure equipment is available
 - Public Health Nurse coordinate sponsors
 - Stigma Free Chairwoman- Focus not just on physical Health but also Mental Health
 - Public Information Officer-Create artwork
 and Publish Events





Social Media Strategy Overview

- Importance of Social Media in Modern Programs
 - Plan
 - Release
 - Weekly follow up
 - Engage for next week
- Objectives of the Social Media Program
 - Let residents know the program is going on and what it offers
 - Provide a consistent message
 - Give Public Recognition to the Financial and Activity Sponsors (we all win when our name is out there!)







Social Media Content Planning

YOGA

ZUMBA

MARTIAL ARTS

LINE DANCING

BASKETBALL

TAE KWON DO

- Planned Content for the Six-Week Program
- Types of Updates: Still Photos, Videos, Testimonials





ALL ARE INVITED TO PARTICIPATE

QUALITY INSTITUTE

NEW JERSEY HEALTH CARE



QUALITY INSTITUTE

Example Social Media Updates

- Examples of Engaging Content Shared
- Impact on Community Engagement and Participation











Program Highlights

Key Achievements and Milestones Reached

Success Stories and Participant Feedback

10 Activities

6 Activity Sponsors Returned from Last Year

17 Financial Sponsors



14 Financial Sponsors donated again

11 Special Sponsors these sponsors donated food and other items to improve Borough Employee Wellness and Contributed to Mayors Wellness Kick Off TOTAL OF 30 SPONSORS



Future Sustainability



- Ensuring Long-term Impact of the Program
 - Continuing the relationship with residents and the activity sponsors
 - Taking feed back from everyone on how to better improve classes
 - Timing
 - Class Size
 - Additional Activities
- Continuing Partnerships and Community Engagement Strategies
 - Advertise now for new sponsors, engage in existing relationships, and improve resident involvement





Lessons Learned

- Insights Gained from the 2024 Program
 - 1,772 Participants
 - 2,658 lbs. lost
 - 78 Classes
 - 30 Sponsors
- Recommendations for Future Programs
 - How to bring our financial supporters involved in classes
 - How to get other Borough Committees involved
 - How to continue to grow







Acknowledgements and Thank You

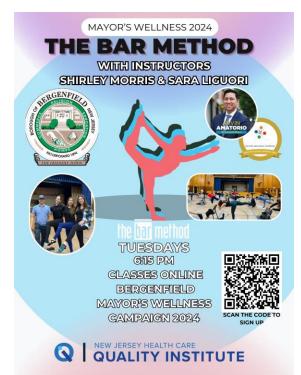


- Recognizing Partners, Champions, and Participants
 - First Lady Ilya Amatorio
 - Recreation Director Ed Volmer
 - Public Health Nurse Liz Cruz
 - Stigma Free Maryann Rivera
 - Public Information Officer AJ Stewart
- Appreciation for Their Support and Dedication



Q & A

- Open Floor for Questions and Discussion
- Contact Information for Further Inquiries







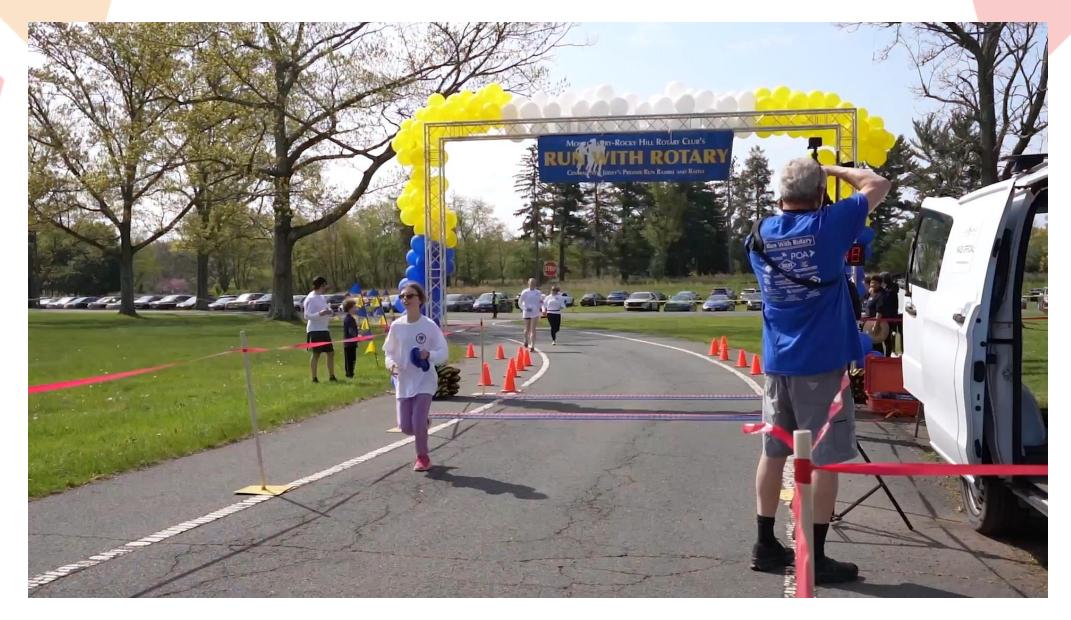






Mayor Neena Singh Montgomery Township







About Montgomery ALPRAN . 10+ New York WARREN Merrishown HORRIS Rockaway Point HUNDERD Allentowno MIDDLESEK -red HONHOUDI TRENTONO **Development** Suburban ATLAN **Projects Underway** OCTAN. Landscape OCE Cledified Health Debo. Philadelphia, URUNGTON **GLOUCESTE** 24,000 ATLANCK Public Head Performance Board Residents ŶŶŶĬ Н



Overall Approach

 Wellness permeates all aspects of life
 Community, Communication, Connections





Social Determinants of Health Addressed

- Education on drugs, alcohol and mental health
- Physical activity
- Safe living and working conditions
- Access to preventative health care services





Township Sponsored Events

- Rabies Clinic (January)
- Radon Awareness (January)
- Beat the Winter Blues (February)
- Heart Health Month (February)
- Arbor Day Tree Festival (April)
- Spring Fling (May)
- Earth Day Recycling Fair (May)
- Digital Detox (May)
- Health & Wellness Fair with Rep. Bonnie Watson Coleman (May)







Township Sponsored Events

- Trails Day (June)
- Yoga in the Park (Summer)
- Hearing Screening (August)
- Annual Influenza Clinics (October)
- Breast Cancer Awareness Month (October)
- Pedestrian Safety Initiative (October)
- Red Ribbon Week (October)
- Great American Smokeout (November)
- Walk for Wellness (November)





Events with Partner Groups

- Community Safety Day (March)
- Stream Clean Up (April)
- Run with Rotary (April)
- Strawberry Festival (June)
- Skin Cancer Screening (August)
- Movie in the Park (August)
- Opioid Awareness Day & Save a Life Day (September)
- Blood Drive (September)











Partnership Focus

- Nonprofit Organizations
 - Health care providers
 - Community service organizations
- Local Businesses
 - Health care providers
 - Food and beverage retailers





Impact





Youth Leadership Council

- Over 100 Applicants
- Vibrant, engaged group leading at events
- Gets local teens out of phones and stops "doom scrolling"





Facility Upgrades

- Senior Center Upgrades/Trails
- Pickleball Courts
- Inclusive Playground Groundbreaking
- Skillman Path Opening
- New Mental Health Provider Opening





ARRIVE Together Program

(Alternative Responses to Reduce Instances of Violence and Escalation)

- Collaboration with Hillsborough, Branchburg & Manville
- Police Officer with Crisis Intervention Training + Mental Health Clinician from Bridgeway Behavioral Health Services
 Goal: Fewer Arrests, Fewer Uses of Force, Fewer Injuries





Volunteer Appreciation Social

(Firefighters, EMS, Boards & Commissions)

- Continuing challenge of recruiting volunteers, particularly first responders
- Event is an opportunity to recognize and thank volunteers, as well as introduce them to one another





Strong Digital Reach

Past 90 Days

Platform	Accounts Reached
Instagram	13.6k
Facebook	87.4k



Email Subscribers

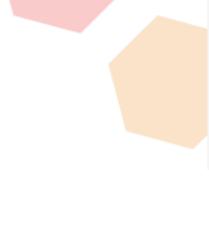






Upcoming Programs

- Rebranding & Reinvigorating Municipal Alliance
- Teaching Kitchen Grant Application
- Age Friendly Social Services Grant
- Tree Lighting
 - Community Gathering
- Pet Licensing Initiative
 - Reaching 100% Registered
- Radon Awareness
 - Test Kit Distribution
- Tree Preservation Ordinance Awareness
 - Stormwater Management





Thank you!

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2024 Mayors Wellness Campaign

Borough of Bradley Beach





Mid-2021 to Early 2022: "<u>In The Beginning…"</u> How We Got Started

Core team

- Mayor
- Team Lead
- Borough Staff
- A few key residents

Steering Committee with expanded membership

- Residents
- Local business reps
- County health dept
- Hospital systems community outreach
- Local healthcare professionals
 - Including therapists, nutritionists
- School/PTA reps

Evaluation Committee

- MWC Rubric
- Existing data
- Demographics

Program themes

- Mayors Wellness Walks
- Blood Drives



BB MWC Committee Members



Mayor Larry Fox (Chair)

Courtney Pappas (Recreation Dir.)

Barb Johnston (Coordinator)

Rona Parker (Resident)

Amy Hall (Tourism Dir.)

Liz Hernandez (Resident)

JonEric Avento (Resident, Education Admininistrator)

Ariana Bocco (Resident, Film Exec.)

Alison Cerco (Hackensack Meridian Health)

Alaethia Doctor (Resident, Business Owner)

Robyn Flipse (Resident, Nutritionist)

Debbie Kremen (Resident, PTA)

Jeanette Sznajderman (Resident, Social Worker)

Patricia Thomas (County DOH, Public Health Nurse)



2022: Awarded "Healthy Town to Watch"

Core Team and Steering Committee held regular meetings (zoom) to plan and execute events

Adjusted Steering Committee membership Implemented many successful programs: Blood Drives, Seasonal Walks with the Mayor, Bike Safety

Evaluation Committee planned BB specific survey to determine best program fit



2023: Awarded: "Healthy Town"

Steering Committee became more active

Survey completed and results shared with Committee

Walks became WALK with the EXPERTS

Topics based on survey feedback

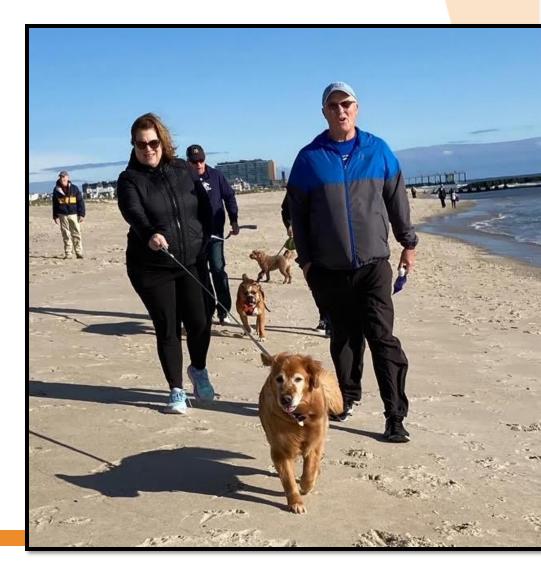
Opportunity to bring in community members as speakers

Programming expanded



2024: Addressing Community Interests





Community Inclusion

Bradley Beach has approx. 5000 Full Time residents:

- 20% Hispanic ethnicity
- 60% BB School Children Hispanic Ethnicity

The MWC wanted to be more inclusive of the Hispanic population and supported or initiated these approaches:

- Soccer clinics, beach badges for 7/8th graders, mental health first aid
- PTA and library involvement
- Engagement of town Hispanic retailers
- All materials are bilingual (Spanish/English)
- Survey of all residents (bilingual with promotion to Hispanic community)



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BEAC

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2024 Zooming for Wellness: Winter Wellness Programming



Social Media and Your Mental Health

Stacey Doumas, MD Hackensack Meridian Health

Protecting Yourself Against Scammers

Sgt. Josephine Celauro, Bradley Beach Police Department

Alaethia Doctor-Blech, of Wellpoints, acupuncturist and stress management expert

The Principles of Acupuncture

NQHCI

COYL- Conversations of Your Life



2024 WELLNESS WALKS: Spring/Summer Programming



Healthy Dog/Healthy You, Part 2



The Beach is Your Playground; Healthy Snacks



Mindfulness



How to Feel the Summer All Year Long



2024 MWC Program Interest Survey

Goal:

Capture feedback from Bradley Beach residents and visitors on wellness programs of interest



Bradley Beach Mayors Vellness Campaign **Program Survey**



scan the QR Code or follow the link to fill out a short survey to help us with our health and wellness programs!



https://forms.office.com/r/w92fefdEgR



Bradley Beach La Campaña de Bienestar de los **Alcaldes Encuestra**



¡Escanee el código QR o siga el enlace para completar una breve encuesta que nos ayudará con nuestros programas de salud y bienestar!

https://forms.office.com/r/BqPvaVzx6m





LA ENCUESTA CIERRA EL 31/08/24 PARTICIPAR EN UNA LOTERIA DE REGALOS **DE BRADLEY BEACH!**



2024 Survey Quick Facts

205



- Town Newsletter
- Social Media
- Email from Mayor
- Flyers at Beach Entrances

Format

- Microsoft Forms
- Spanish Language and English Language

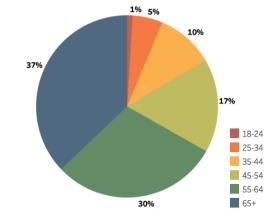
Likert scale with grouped questions

- Emotional Wellness
- Lifestyle Activities
- Nutrition
- Sports/Games
- Wellness Programs





Survey Result Comparison



Ethnicity

- 2022 ACS*: 24% Hispanic total BB Population
- 2023: Not Asked
- 2024: 3% Hispanic

Age

- 2022 ACS*: 32% over 55
- 2023: 86% over 45; 72% over 55
- 2024: 84% Over 45; 63% Over 55

Previous MWC Event Attendance

- **2023:** 21%
- **2024:** 25%
 - Among Residents
 <45: 18%
 - Among Hispanic Residents: 17%





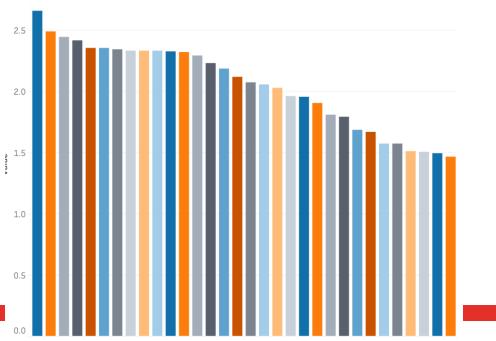
Survey Open 08/13/2024 to 08/31/2024 205 total respondents

Program interest varied among groups





Greatest Program Interest



Overall

- Healthy Cooking
- In-Person Fitness Classes
- Yoga/Meditation
- Stress Reduction
- Walking Clubs/Step Challenges

Hispanic Respondents

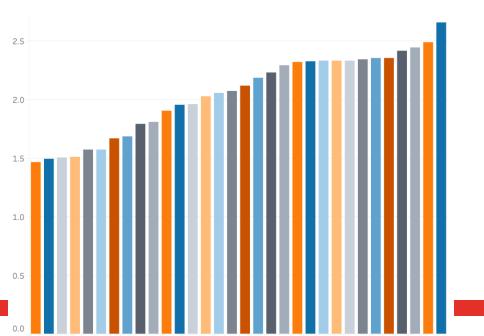
- Suicide Prevention
- Healthy Fat Loss
- Women's Health
- Mental Health Issues
- Health Screenings

Respondents <45 Years of Age

- Self-defense
- Stress Reduction
- Healthy Cooking
- In-Person Fitness Classes
- Walking Clubs/Step Challenges



Least Program Interest



Overall

- Soccer
- Chess
- Kickball
- Dominoes
- Substance Use Issues

Hispanic Respondents

- MahJong
- Mindfulness
- LGBTQ+
- Bocce
- Chess

Respondents <45 Years of Age

- Dominoes
- Substance Use Issues
- LGBTQ+
- MahJong
- Chess



Next Steps

Utilize results for future program planning

Share results with MWC Steering Committee

Celebrate Steering Committee for their volunteer activities and excellent results and participation in programming throughout the year



Thank You!

Contact Information:

- Mayor Larry Fox: LFox@BradleyBeachNJ.Gov
- Barb Johnston: <u>barbjohnston618@gmail.com</u>
- Liz Hernandez: lizmeyerhernandez@gmail.com





MWC Campaign - Ways to Connect

Vote in our Health Priorities Bucket and meet Commissioner Baston at 10am tomorrow

> Sign the Pledge Campaign Ongoing

Statewide MWC Survey

Ongoing in November

2024 Healthy Town Application Webinar December 3 12pm

> **COYL Partner Meeting** December 12 12pm

MWC Community Hub Webinar Launch January 14 12pm

2024 Healthy Town Application Due January 17 5pm

Mental Health First Aid Trainings December 18, January 30, March 6, April 17,

June 5, July 17

Visit the Website View evidenced-based tools, MWC Handbook, and stay up-to-date on our upcoming programing



Questions?



