



How We Roll Massillon Participants and Ride Leaders

WORKING TOGETHER TO MAKE STARK COUNTY A HEALTHIER PLACE!

Live Well Stark County

Quarterly Newsletter

2017 Quarter 2

IN THIS ISSUE

LWSC Quarterly Newsletter

How We Roll Massillon

You may remember the article about YayBikes last quarter. Our ride leaders have been officially trained by YayBikes and are ready to deliver their knowledge and skills to the Massillon community. We officially launched the Your Move Ohio campaign with 'How We Roll Massillon', an educational experience offered from the seat of a bicycle. This opportunity currently runs through the summer of 2017 with community group rides available on **June 30th, July 14th, July 28th, from 5:30 – 8:00 PM and July 8th from 8:30 – 11:00 AM.** These bicycle rides will lead participants on a tour through the City of Massillon with many stops along the way to discuss the experience with ride leaders and other participants. Seeing the city from the seat of a bike is a wonderful experience that also increases your confidence and knowledge of riding on the road. For more information about Ohio Bike Law please visit: www.ohiobikelawyer.com. If you are interested in scheduling a training session please contact: (330) 409-8995, mgates@starkparks.com

Walk with a Doc

Walk with us each month to improve your heart health, meet new people and increase your mental well-being at the same time! The walks begin and end at the Eric Snow YMCA, on the second Thursday of the month from 5 – 6 p.m. The WWAD one-mile walks are free, open to all, and include physicians presenting on different health topics each month. Come to a walk and see what WWAD is all about!

Mobile Market

StarkFresh is kicking their mobile market season off July 11, 2017! Tuesday through Sunday you will be able to find the green veggie mobile and the new refrigerated mobile market truck circulating Stark County. Mobile Market stops include; Jackson-Sherrick homes in SE Canton, Stark County Community Action Agency, JRC Adult Day Center, Mayfield Manor, North Canton Public Library, Lincoln Apartments in Massillon, The Inn at University Village, Danbury Homes, Salvation Army in Massillon, Dehoff Library Branch, JRC Senior Housing, Stark County



Mission: to promote policies, programs, and environmental change that encourage Stark County residents to improve their eating and exercise habits.

Vision: a community in which healthy eating and exercise habit are the norm and the incidence of chronic disease resulting from poor nutrition, inactive lifestyles, and tobacco is steadily declining

Like us on Facebook at:

<https://www.facebook.com/LiveWellStark/>

Find us on the Web at:

<http://www.livewellstarkcounty.com>

Contact Us:

Mary Grueber, CHC Coordinator
mgates@starkparks.com

Meet with us 1st Wednesday of every other month,
11:30am-1pm
Exploration Gateway
5712 12th Street NW
Canton, OH 44708
(330) 409-8995

District Library Main Branch, LifeCare Family Health and Dental Center, Cook's Lagoon and more. The Mobile Market accepts SNAP, Senior and WIC vouchers, Cash, and Credit. For every \$1 you spend at the market, you will receive an extra \$1 to use at the market! For more information or to obtain the schedule, go to www.starkfresh.org or Contact Teresa Kaminski at teresak@starkfresh.org

EFNEP

EFNEP stands for Expanded Food and Nutrition Education Program which is offered by the Ohio State University Extension Office of Stark County. The EFNEP program offers nutrition classes for families with children. Learn how to make easy, healthy, and tasty meals. Save money by buying more and spending less on your food and learn how to get picky eaters to try new foods! This class is offered in 8 sessions with food tasting and educational tools. There are also Youth EFNEP Classes available. These nutrition education classes are for youth in grades k-12. EFNEP provides a series of 6-8 classes for schools, churches, and organizations to help kids make healthier food and activity choices. All classes are FREE! **Contact Stark EFNEP at 330-832-9856 extension 3477** to sign up today!

CommQuest: Mind, Body, Soul

This event is sponsored by the Stark County Mental Health & Addictions Recovery Service Board, Stark County Minority Health Coalition, and Ohio African American Coalition on Health Disparities.

The Conversation Series: MIND, BODY, & SOUL which explores complex minority health and wellness challenges through a culturally relevant viewpoint. The culturally relevant lens this series embraces includes faith/spirituality, historical trauma, physical health and education disparities, and cultural stigma of emotional health in the minority community.

These conversations are designed to agitate individuals from complacency to innovative solutions that maximize recovery, resiliency and overall a healthier quality of life in the minority community and throughout Stark County.

The event will take place Thursday, June 29, 2017, at 5:30PM-7:30PM The Metropolitan Center Downtown Canton at 601 Cleveland Ave NW, Canton, Ohio, 44702.

Registration will open Tuesday, June 20, 2017 at www.starkmindsmatter.com. Please do not hesitate to contact Latasha Ellis, Grace Initiative Program Assistant with any questions or concerns; at lellis@ccsstark.org or 330-412-1340 if you have any questions about the event.

Walking Wednesdays

Mercy Medical Center's Mission Outreach at the Mercy at St. Paul Square location has partnered with Live Well Stark County to walk with NE Canton community residents on Wednesday mornings from 9-10 AM in the months of May through September. Participants who join the program will receive a fitness trackers to monitor progress toward health goals. For each milestone achieved, you will receive a prize including, a pedometer, a t-shirt, water bottle, and more. If you attend every walk you can be entered into a drawing for additional gifts. Walking will **NOT** take place on the following dates; June 14th, July 5th, July 12th, and August 16th. Walks begin at 1459 Superior Ave. NE Canton, OH 44705. For more information call Tenicia at 330-489-1307.



Maternal & Child Health Grant

Stark County Health Department is supporting current backpack programs in the county with an "opt-in" philosophy. They are looking to add support to any

interested summer programs who have an established backpack program in place. The Maternal and Child Health Grant is also working to identify nutrition and physical activity programs taking place in the county in order to develop a strategy that targets any gaps in the existing network with the intent of impacting the maternal and child health population. A meeting will likely be scheduled around an existing Live Well Stark County meeting in order to obtain information from partners that are interested in participating. For more information on the backpack program please contact Amanda Kelly at kellya@starkhealth.org or Kay Conley regarding the MCH grant at conleyk@starkhealth.org.

Spray Park Evaluation

The Live Well Stark County evaluation subcommittee is currently conducting observation surveys at the SE Canton Edward Peel Coleman Community Center. The CHC grant is working to improve the spray park by adding a shaded space for the community that visits this park.



NE Canton Better Block: The Warehouse District

Creating Healthy Communities Stark County is hosting a better block in NE Canton September 8th and 9th 2017. Save the date for a look at a revitalized Warehouse District! Join us on July 12th from 6:00- 7:30 PM for a community information and input session. We will meet at Deli Ohio – 328 Walnut Ave NE Canton, OH 44702.