



# Making the **HEALTHY** Choice the **EASY** Choice

Regional Learning Events / August & September 2012



Each regional event will be held from 10 am - 2 pm, and lunch will be provided. **Admission is free, but registration is required** at [www.changethefuturewv.org](http://www.changethefuturewv.org) or by calling (304) 654-0875.

*Register early - seating is limited!*

**August 14 - Parkersburg**

*Grande Pointe Conference Center*

**August 20 - Huntington**

*Pullman Plaza Hotel*

**August 22 - Bridgeport**

*Bridgeport Conference Center*

**August 27 - Beckley**

*The Resort at Glade Springs*

**September 5 - Shepherdstown**

*Clarion Hotel and Conference Center*

**September 17 - Charleston\***

*Marriott Town Center*

*\*This statewide event will be held to explore future collaborations and will be geared towards state-level and organizational leaders. All others welcome to attend.*

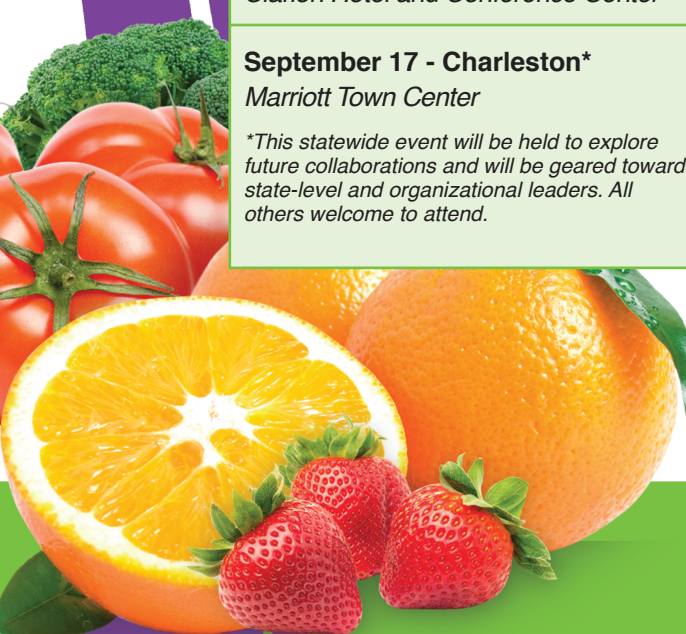
During the past two years, six counties in the Mid-Ohio Valley have been using a new approach to promote healthy eating and physical activity. Rather than focusing only on changing individual behavior, these communities are also changing policies, systems and environments to make the healthy choice the easy choice.

Five regional events will be held to share the results to date and to learn what other communities are doing to tackle the issues. All sectors of the community – local businesses, schools, health and social service organizations, government agencies and faith-based groups – are encouraged to attend.

Presentations and discussions will explore a variety of strategies, including:

- Starting and expanding local farmers' markets
- Offering fresh fruits and vegetables in convenience stores
- Creating "healthy checkout aisles" in grocery stores
- Promoting the availability and affordability of fresh fruits and vegetables in grocery stores
- Improving physical education and increasing fresh fruits and vegetables in schools
- Including healthy options on concession stand menus at youth sports events
- Developing trails and paths for walking and biking
- And more!

*The project is funded through the Communities Putting Prevention to Work initiative of the Centers for Disease Control and Prevention. The activities are managed by a state team that includes the Mid-Ohio Valley Health Department, WV Department of Health and Human Resources, WV Department of Education, and West Virginia University. For more information about Change the Future WV, visit [www.changethefuturewv.org](http://www.changethefuturewv.org).*



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