

### ***Priority Focus Areas:***

**NUTRITION** - A healthy community values healthy eating. Getting together makes us feel good, and with healthy potluck contributions, so can the food we bring!

**OUTDOOR RECREATION** - A healthy community values healthy activity, and taking advantage of the natural beauty and open space in our County to get active outside.

**PREVENTION** - A healthy community values living longer and stronger, without the use or abuse of alcohol, tobacco, and drugs; and without violence, injury and preventable illness.

## FOR MORE INFORMATION PLEASE CALL

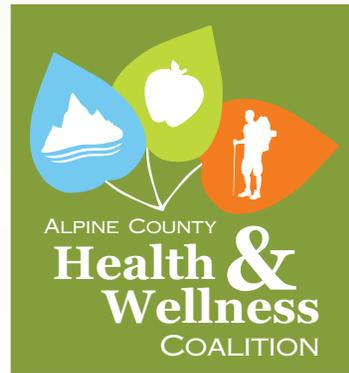
Alpine County Public Health  
(530) 694-2146

Alpine County Behavioral Health  
(530) 694-1816

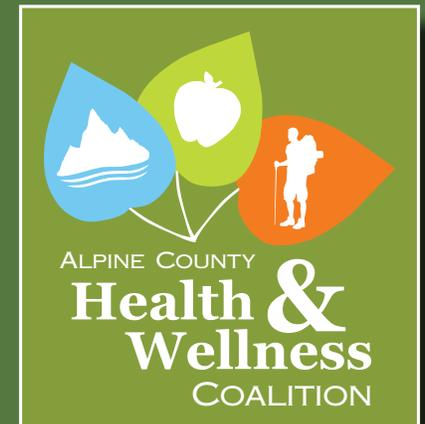
*The official coalition of the:*

Alpine County Public Health Tobacco  
Control and Nutrition Programs

Alpine County Behavioral Health  
Substance Abuse Prevention Program



# LIVE HEALTHY!



## WHAT IS A COALITION?

A coalition is a group of people who join together for a common cause.

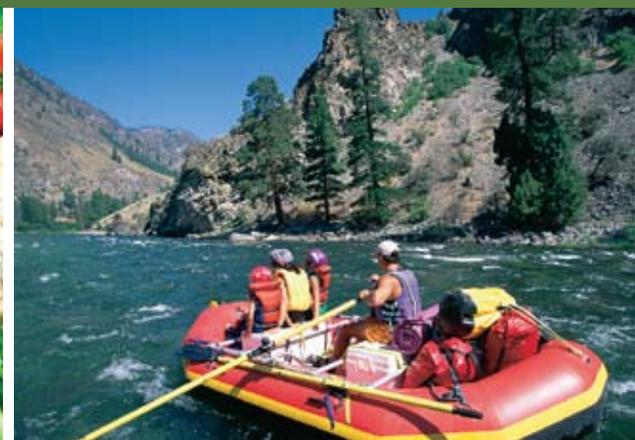
The Health & Wellness Coalition is committed to building strong community partnerships promoting healthy living.

## WHO ARE WE?

Alpine County Health & Wellness Coalition

This coalition is made up of:

- Community-based organizations
- Alpine County departments
- Resident representatives
- Service agencies



## WHY ARE WE WORKING TOGETHER?

Because we have a vision that Alpine County is a Healthy Community!

## HOW WILL WE HELP THIS VISION COME TRUE?

**Education** – sharing information through presentations to community groups and newsletters like Alpine Threads

**Outreach** – being involved and active through participation in community events

**Advocacy** – supporting causes and policies that help people live healthier lives

## WHEN DOES THE COALITION WORK TOGETHER?

Every time we can promote opportunities for healthy living!

Each of our partners helps our community in unique ways. The Coalition meets monthly to discuss and plan ways to help us all work together, especially in our focus areas.

## WHERE WILL I SEE THE COALITION IN ACTION?

All over Alpine County! Look for our logo to know that people are working together for a healthier community.

