

# BETTER HEALTH THROUGH EDUCATION



## Project aims to increase health awareness, to create healthier community

Blue Mountain Eagle

JOHN DAY – Healthy Together, a new project up and running in Grant County, has just one simple purpose: to encourage healthy lifestyle choices for everyone.

The project offers free monthly informational events for the community on a different health topic each time, with presentations by health professionals. People can also sign up for group

activities associated with that topic.

Upcoming themes include:

- February: Chronic illness and oral health
- March: Mental health
- April: Elder health
- May: Healthy relationships
- June: Continuing health, how to sustain change, and diabetes.

The project concludes with the June gathering.

Project coordinator Kathy Cancilla said the goal of the project is simply to inform people and “give them some sort of activity to get them away from destructive habits.”

Cancilla said they hope some of the people participating in groups organized from the activities will continue to meet, and maintain their new healthier habits.

Each monthly event includes free dinner, child care and door prizes.

Launched in late 2014, Healthy Together is funded by a grant from the Eastern Oregon Coordinated Care Organization, received by Community Counseling Solutions. The project is overseen by Kimberly Lindsay, executive director of Community Counseling Solutions.

Individuals working on the project include Dr. Andrew Janssen of Strawberry Wilderness Community Clinic; Karen Triplett, nurse practitioner at the Grant County Health Department; Linda Watson, Greater Oregon Behavioral Health Inc.; Lindsay Maghan, family nurse practitioner and county health department manager; and Mindy Stinnett, registered nurse and Strawberry clinic manager.

Other partners include Blue Mountain Hospital, dental providers, Department of Human Services, Families First, OSU Extension, Heart of Grant County, Grant County Safe Communities Coalition and Grant School District No. 3.

For more information, call Cancilla at 541-620-8261.