HEALTHY NEIGHBORHOODS

YOU COULD LIVE 20-30 YEARS LONGER IN A HEALTHY NEIGHBORHOOD

Why? Healthy neighborhoods have ...

- food security ↑
- social isolation ↓
- exercise ↑
- safety ↑

TAKE ACTION!

CREATE OR JOIN A COMMUNITY GARDEN

Community gardens are good for animals and our environment

Fresh, local produce means better:

- food security
- nutrition

Gardening promotes hands-on learning and connecting with neighbors

HOST COMMUNITY GATHERINGS

When did you last have fun with your neighbors?

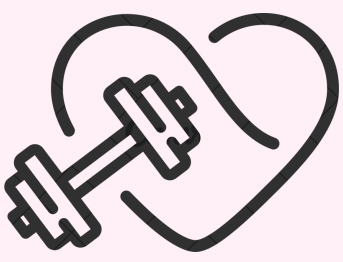
Community cohesion can:

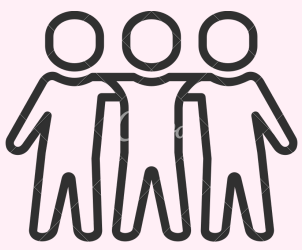
- Ease stress and improve mental well-being
- Foster local participation and sense of community ownership
- Celebrate diversity and cross cultural learning

MEALS-ON-WHEELS · BLOCK PARTY · POTLUCK

LEAD A COMMUNITY WALK

Walking is good for your body and mind





Walking with neighbors is a fun and safe way to make friends

Getting to know your neighbors increases safety

YOU CAN MAKE YOUR NEIGHBORHOOD HEALTHIER. TALK TO YOUR NEIGHBORS, GET OUTSIDE, SUPPORT LOCAL BUSINESSES, AND ADVOCATE FOR POSITIVE CHANGE.