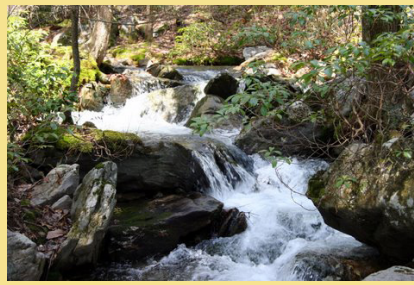


# GO LOCAL For Health

Understanding Natural, Agricultural and Built Environments  
as the Frontline of Community Wellness



Friday, May 1<sup>st</sup>, 2015 • 8:00 am - 3:30 pm  
Allenberry Resort Inn and Playhouse • 1559 Boiling Springs Road • Boiling Springs

“Go Local for Health” is a regional summit to explore the concept of proactive wellness as a means of bridging boundaries to strengthen partnerships, leverage and advance our partners’ work, and encourage a healthier future for the South Mountain landscape and its citizens.

“Proactive wellness” is a point of integration around themes of creating sustainable communities and landscapes. The work of diverse community partners must be embraced in our thinking on health to shift from a back-end perspective (treating symptoms) to a front-end perspective (proactively shaping healthy lives and communities).

Join diverse partners for conversation on how the proactive wellness perspective can be a powerful tool for leveraging our collective work throughout communities and can create behaviors and landscapes that foster wellness-oriented lifestyles.

The 2015 “Go Local for Health” Community Wellness Summit will focus on three specific conversations: outdoor recreation & physical activity, local food & healthy nutrition, and community design & the built environment.

Registration now open at [www.southmountainpartnership.org](http://www.southmountainpartnership.org).

## Keynote Speaker: Dr. William Sullivan, “Paths to Wellness: The Nature Near You”

The conditions of modern living — work and life pressures — threaten the health and wellbeing of millions of Americans. Can we shift our perspective from treating the symptoms to proactively working to shape healthy individuals and communities? Yes, we can! There is mounting scientific evidence that one path to wellness passes through the nature near you. Some of the research has produced startling results that will be considered and discussed in this keynote address, as well as the implications for, and importance of, having everyday contact with the nature near you. A leading expert on how place and our local environments impact individual and community health, Dr. William Sullivan, Professor of Landscape Architecture at the University of Illinois, strives to create healthier, more sustainable communities and works with his students to examine the health benefits that come from having regular exposure to urban landscapes containing green infrastructure.

## Plenary Session: Moving From Ideas to Implementation: Case Studies & Discussion on Community Involvement in Proactive Wellness

This session will draw upon the work of two local initiatives - Eat, Play, Breathe York, and the Mercersburg Area Council for Wellness (MACWell) - to introduce the potential for non-traditional collaborations to impact individual and community wellness. Best practices and lessons learned will be featured from the integrative thinking behind these two efforts, with particular attention given to how advancing the themes of today’s conversation - namely outdoor recreation; access to healthy, local foods; and thoughtful, intentional community design - likewise contribute to improved health and wellness outcomes.



SOUTH MOUNTAIN  
PARTNERSHIP

[www.southmountainpartnership.org](http://www.southmountainpartnership.org)



pennsylvania  
DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES



APPALACHIAN TRAIL  
CONSERVANCY®



PARTNERSHIP  
for Better Health

A Community Foundation  
Making a Difference — Together

## BREAKOUT SESSION ONE: LEADING THROUGH INNOVATION

### Outdoor Recreation & Physical Activity

#### Plugging In to Get Unplugged: Leveraging Online Resources for Outdoor Experiences

**Gretchen Leslie**, PA Department of Conservation and Natural Resources

This session will highlight Get Outdoors PA as an example of online and digital tools that promote outdoor recreation - learn how to take advantage of these innovative tools to encourage people to engage in outdoor experiences, both guided and self-directed.

### Local Food & Healthy Nutrition

#### Local Schools, Local Food: Community Institutions as Nodes of Innovation

**Carol Richwine**, Northern York County School District

Hear lessons learned and insights drawn from the on-going work of the South Central PA Harvest Hub as it implements farm-to-institution instruments and strengthened agricultural education to connect schools and farms in rural Pennsylvania.

### Community Planning & the Built Environment

#### Car-free and Carefree: A Pedestrian and Bike Friendly Community Design Toolbox

**Dan Flint**, Lower Allen Township

Delve into a case study of Lower Allen Township highlighting planning and design tools, zoning ordinances and comprehensive plans that enable communities to create space for pedestrians and cyclists to navigate safely and easily through the built environment.

## BREAKOUT SESSION TWO: A FULL SPECTRUM APPROACH TO WELLNESS

### Outdoor Recreation & Physical Activity

#### An Ageless Approach to Wellness: Intergenerational Benefits of Active Communities

**Heidi Koch & Karin Bisbee**, Messiah Lifeways

This session will explore the mental, social and physical health benefits of programming that includes a variety of age groups, and highlight lessons learned for intergenerational programming that can solidify new physical activity habits.

### Local Food & Healthy Nutrition

#### Making Farm to Table Fun: Kids Power of Produce (POP) Club

**Christy Unger & Karen Johnston**, Healthy Communities Partnership of Greater Franklin County

Hear about an innovative program that introduces children to local food, agriculture, farming and more. Discuss the benefits of partnering with established farmers markets to educate youth and foster lifelong awareness and habits around nutrition choices.

### Community Planning & the Built Environment

#### If You Build It: Engaging the Community in Creating Recreation Elements

**Andrea Crouse**, Carlisle Parks & Recreation and **Brian DeVost**, Gettysburg Area Recreation Authority

This session will explore developing sustainable, adaptable and widely appealing outdoor recreation elements and will underscore the potential for engaging diverse partners to advance the process from initial planning and assessment phases through implementation and evaluation.

## BREAKOUT SESSION THREE: FINDING STRENGTH IN PARTNERSHIPS

### Outdoor Recreation & Physical Activity

#### "Get Your Tail on the Trail": Leveraging Outdoor Recreation to Improve Community Wellness

**Claire Sadler**, Delaware & Lehigh National Heritage Corridor and **Hollie Gibbons, MPH, RD**, St. Luke's University Health Network

Learn about the power of non-traditional partners - this session will draw upon lessons learned from the D&L Trail's partnership with a healthcare provider concerned about growing obesity trends to bring people to the trail and cement new patterns of physical behavior.

### Local Food & Healthy Nutrition

#### Food for Thought: Improving Access to Local, Healthy Food through Innovative Partnerships

**Jay Eury**, Franklin County Coordinator and **Hannah Grose**, Adams County Coordinator

Learn about gleaning programs that are emerging to address food insecurity in innovative ways - this session will explore lessons learned from establishing a gleaning project and will offer insights into expanding partnerships between local producers and food security advocates.

### Community Planning & the Built Environment

#### Plant the Seeds: Planning for Agriculture in an Increasingly Built Landscape

**Stephanie Williams**, Cumberland County Planning Department

Learn about planning tools that can support agriculture - this session will highlight multifaceted approaches to preserving agriculture and farmland and the benefits of thorough planning as they relate to agriculture.

### Closing Plenary Session: Passion to Progress - A Discussion of Next Steps

Dr. William Sullivan will lead an interactive group discussion to identify elements of community wellness that resonate most with partners in the South Mountain region in order to create an actionable framework for a *South Mountain Healthy Community* checklist.