

**TAKE ACTION**

# health happens here



## Make Health Happen Where You **LIVE**

- **Let Your Voice Be Heard! Vote!** Get your friends and family to vote too.
- **Talk to policymakers** and ask them about their plans to improve health in your zip code or your community.
- **Raise awareness about where health happens.** “Like” Health Happens Here – Genesee County & Flint on Facebook.

## Make Health Happen Where You **LEARN**

- **Advocate for more physical activity opportunities in schools.** Talk to your local school or school board to advocate for more physical activity opportunities both during and after the school day.
- **Attend a Wellness Team or Wellness Council** meeting at your child’s school! If your child’s school doesn’t have a Wellness Council – ask the School District or Superintendent why not.
- **Write a restaurant review** about the nutritional quality of your school lunch or your child’s school lunch and post it on Yelp or Facebook.

## Make Health Happen Where You **WORK**

- **Speak to your human resources department or union representative** to ask and learn about what types of health and wellness opportunities are available to you and other employees.
- **Start a walking club at work** to encourage increased physical activity and stress relief for you and other employees at your workplace.
- **Be Active - Ride your bike, take a bus, or start a carpool** to work or school.

## Make Health Happen Where You **PLAY**

- **Ask your local commissioner or city councilman** how they are supporting the maintenance and programming at local parks in your community.
- **Adopt-a-garden** at a local park through the Genesee County Parks and Recreation Commission.
- **Learn more about Local Parks Programming** by visiting [www.geneseecountyparks.org](http://www.geneseecountyparks.org).
- **Check out what free activities** are happening in your area on [www.geneseefun.com](http://www.geneseefun.com).
- **Participate in weekly free fitness classes or cooking demonstrations.** Visit [www.commit2fit.com](http://www.commit2fit.com) for more information on when and where these are offered.



*Visit*

[h3genesee.org](http://h3genesee.org)

Whether you're a student, a parent, a small business owner, a school board member, or a legislator, there's a way for you to get involved! To learn more, visit [www.h3genesee.org](http://www.h3genesee.org).