

West Virginia Wesleyan, Buckhannon

June 6-7, 2014

Save
The
Date



TRY THIS!

A conference for local people
working for a healthier West Virginia

Enjoy two idea-packed, inspiring days with like-minded people! Meet folks from all over the state who are doing great things to help their communities. Find out what they're doing. Trade ideas! Join forces! Get inspired, learn, plan your next steps. Recharge your batteries.

Yes, West Virginia tops a lot of "worst" health lists, but we don't have to stay there! One in four WV 11-year-olds now have high blood pressure and cholesterol, according to WVU. That's a prescription for future diabetes and heart problems. We can change that future.

This will be a feast of affordable, do-able ideas.

- **30 workshops!** From farmers markets and school gardens to bicycling and running programs to school-based health centers and parks
- **Grants up to \$3,000** to help make your idea happen! If three or more people from your community attend and plan as a team, you can apply.
- **Affordable cost!** West Virginia Wesleyan is donating space. Workshop leaders are donating time, so we can keep conference costs down. \$70 for two days. \$25-\$30 rooms. Scholarships available.

The Try This conference is a joint project of the WV Healthy Kids and Families Coalition, the WV Association of Counties, the WV Office of Child Nutrition, WV Food and Farm Coalition, WVU Extension, WV Statewide Afterschool Network, West Virginia Municipal League, KEYS 4HealthyKids, WV on the Move, WV Bureau for Public Health, WV Community Development Hub, Main Street WV, West Virginia Wesleyan, the WV Office of Child Nutrition, the Claude Worthington Benedum Foundation, the WV Council of Churches, and many others.

Register at: www.trythiswv.eventbrite.com

For more information: www.trythiswv.com



School Gardening in Putnam



700+ join Jackson Moovin' and Groovin'



Mommy and Me Zumba in Wirt



Active Biking Program in Wood



Monthly SKs in Mingo