



trythiswv.com

Are you working for a healthier West Virginia?

This Web site will be one of your new best friends!

Yes, West Virginia tops a lot of "worst" health lists, but we don't have to stay there! This Web site is a tool for people who want to build healthier communities!

This is a feast of affordable, do-able ideas.

- More than 85 idea-and-resource-packed files on activities that some West Virginia communities are already doing and others could try.
- West Virginia models for a wide variety of health activities.
- An easy way to send your clients truly helpful how-to resources on a wide variety of healthy activities for communities
- A first-rate collection of research on the positive impact of healthy lifestyles on the health and economic development of communities
- The research you and your clients need to write a successful health lifestyle project grant
- Much More!

"This Web site is amazing. I have already helped two communities get projects going, just by using the resources on these pages."

- Laura Dice, Coordinator, KEYS 4HealthyKids

"This Web site could accelerate the spread of healthy lifestyles in West Virginia exponentially. It's that useful."

- Stephen Smith, Director, WV Healthy Kids and Families coalition.

The Try This Web site is funded by the Claude Worthington Benedum Foundation and is a joint project of the WV Healthy Kids and Families Coalition

Register at: www.trythiswv.com/conference
Explore our Web site: 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 5Ks in Mingo

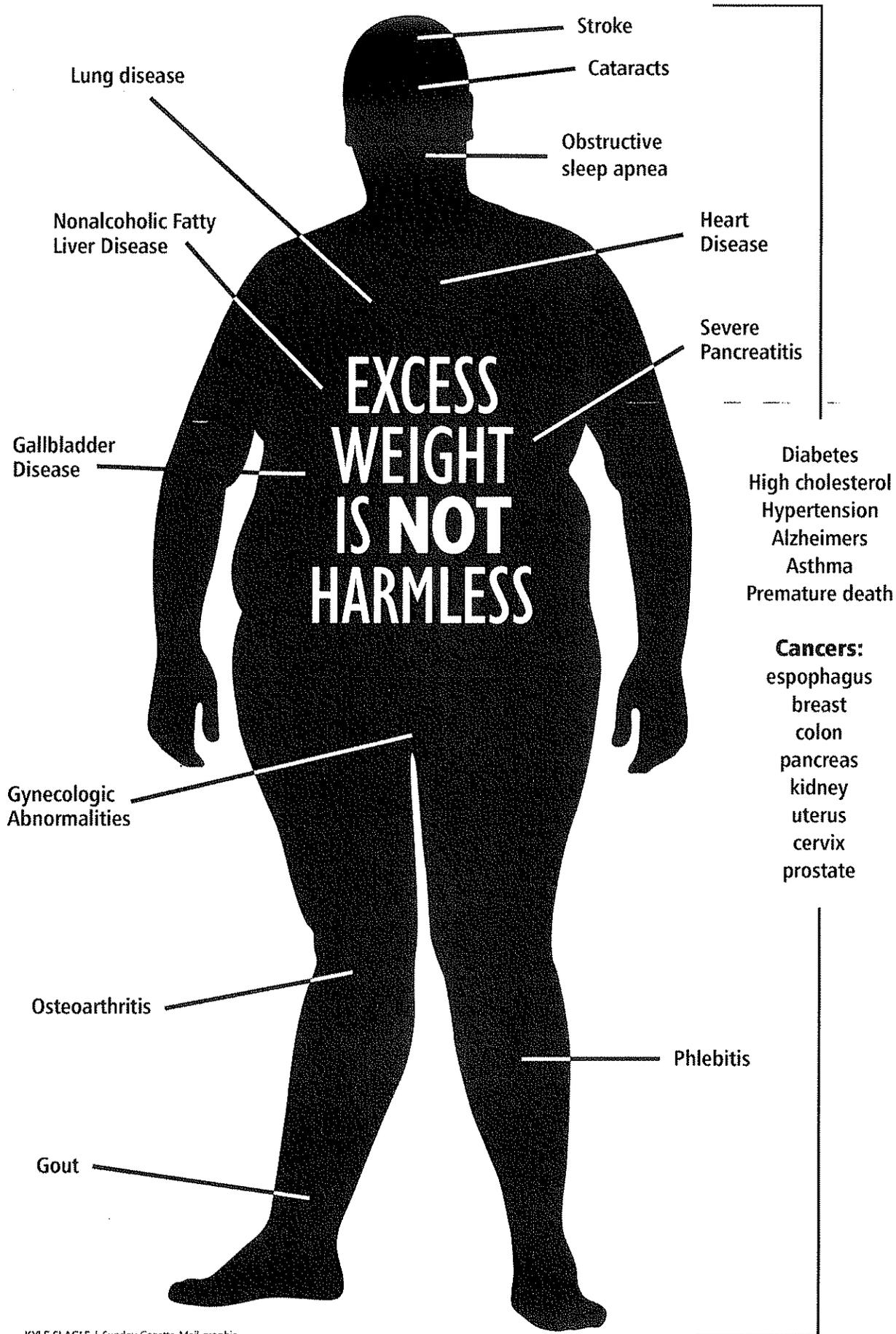
**SAVE THE
DATES**

June 5-6

Try This! 2015

WV Wesleyan

Stay tuned to www.trythiswv.com for updates!



Physical activity opportunities

Try This conference

West Virginia Wesleyan's fine wellness center is available to you for the entire conference for \$5. See the registration desk to sign up.

Friday June 6:

7:30 a.m. – 8:30 a.m. – Kickstart your day!

- **Yoga** – on the lawn outside the dining hall
- **An early morning run** around Buckhannon- Meet on the plaza outside the dining hall
- Wellness center open

Between session – Our VISTA volunteers will be out on the green demonstrating low-cost, fun, effective activities you can adopt in your community as tournaments, classes or leagues! Join in!

5:10 p.m. – 6:30 p.m. – **Looking for a low-cost, effective exercise program?**

- **Demonstration: Healthy Steps, a research-proven exercise program for all ages.** Demonstrated on the green outside the dining hall by Bureau for Public Health staff member, Ginger Harmon, certified trainer in the Healthy-Steps Lebed Method.

Healthy Steps is an exercise program proven to improve overall wellness, range of motion, balance, strength and endurance, as well as emotional well-being and self-image. It is done to great music, using fun props. This program can benefit everyone, young children, adults, and seniors. Come join in, get info!

Saturday June 7:

7:30 - 8:30 Yoga on the lawn outside the dining hall

7:30 Early morning run. Meet on the plaza outside the dining hall

7:45 - 8:45 **Demonstration of another great program: Walk with Ease**

On lawn outside dining hall. Check out this research-proven, easy-to-use program from the Arthritis Foundation, already used in many West Virginia churches and senior centers. Demonstrated by certified trainer, Bryan Danford of Huntington Parks and Recreation.

Join in! Sign up to have people certified free to lead Walk with Ease in your community.

Success Themes of Great Communities

Strong Engagement between Citizens, Community Organizations and Government..

Power is deliberately shared. Local government actively reaches out to citizens, and residents are engaged in setting the community's agenda and future vision.

Conviction that in the long run you have to do it for Yourself..

Although outside help is sought when appropriate, successful communities believe that their destiny is in their own hands. They are not waiting for some outsider to save them, nor do they believe that they can sit and wait for things to get better. Making a community a good place to live is a proactive assignment, and these communities (and their leaders) know that.

Regional view of Community; Willingness to Adapt for new Opportunities..

Great communities know they must consider their community from a regional context for sustainable, strategic growth. Deliberate efforts are made to cooperate with neighboring jurisdictions, and there is a willingness to adapt regulations to capitalize on changing trends and new opportunities.

Accountability through Disclosure..

All public information is made public. The community is made aware of "What Is Going on within their Local Government" so they can be a proactive part of "What we can do about it".

Do What You Can with What You Have,

Where You Are..

Create Buckhannon

Create Buckhannon

Meet & Eat Lunch & Link

Meal \$5 + Tip \$2 = Lunch \$7

This is an ongoing, Open to all, **Community Conversation...**

Feel free to interject your thoughts or bring up any suggestion for making our Community a better place..

KEEP IT POSITIVE...We are Looking for a way Forward..

Everyone's Ideas are Important..

We are not the people who have all the answers, but are the ones asking questions and encouraging our Citizens to ***collaborate*** and **work together on finding solutions**, moving us beyond the notion that we are simply taxpayers and service recipients, towards the notion that we must ***accept responsibility to engage the issues*** both publicly and privately, if we want to find some real answers.

There is only one thing that will give us the ability to ***realign*** policies and confront the issues that are before us.

That *one thing* is a deeply renewed
Human Experience of Citizenship..



Visit a glassblower's studio Saturday 4:15.

Nationally known artist Ron Hinkle features spectacular hand-blown glass at his studio 10 minutes outside of downtown Buckhannon. Visit the studio to watch as the master-craftsman transforms a chunk of bulky glass into a light, amazing piece of art. After the demonstration, be sure to pick up a souvenir at this gallery.

RSVP FOR THIS DEMONSTRATION PLEASE:

(304) 472-7963

Photo Courtesy of: Kitty Vickers

West Virginia Wildlife Center:

About 15 minutes from downtown Buckhannon, you can visit the WV Wildlife Center in French Creek for a walk through the woods and see West Virginia's native wildlife including black bears, bobcats, mountain lion, river otters and more. Open 9 – 5 every day.



Buckhannon is one of West Virginia's most noted antique-shopping hubs:

<http://www.visitbuckhannon.org/index.php/history-a-museums?sid=99>

Downtown Buckhannon is exactly what small town charm is all about. Our Main Street is picture-perfect and has plenty of specialty shops, antique stores, local restaurants & more to keep you busy before & after the conference.

Visit our fine restaurants Saturday or Sunday: <http://visitbuckhannon.org/index.php/casual-dining>

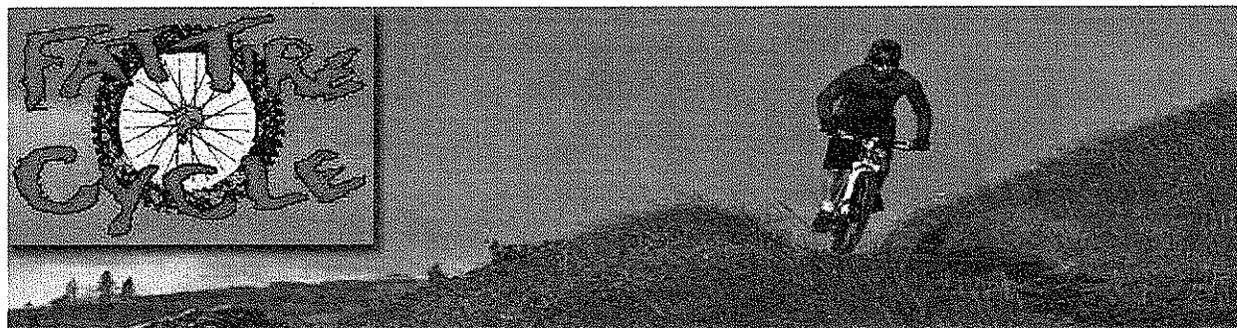
Some of our best locally-owned businesses are staying open later during Try This!

Diane's Hallmark: A perfect stop for picking up a local gift, card or season décor! We'll be open until 8 PM Friday & Saturday during the Try This conference!

Market Bistro: Serving fresh, local meals for breakfast, lunch & dinner! Their summer hours are:
Monday – Thursday: 6 AM – 8 PM
Friday & Saturday: 6 AM – 9 PM

Whimsical Treasures: Staying open later during the Try This Conference until 7 PM on Thursday, Friday & Saturday. Shop for West Virginia specialty gifts and more on Main Street!

Come early / stay after the Try This conference in Buckhannon!



THURSDAY AND SATURDAY EVENINGS:

Take a beautiful bike ride! Thursday June 5th at 5 PM and Saturday June 7th at 4:30 PM

Before & after the Conference, stretch your legs with a community bike ride through beautiful Upshur County! Hosted by Fat Tire Cycle, you'll meet on the campus of WV Wesleyan College at the Chapel loop (around the fountain) Thursday, June 5th at 5 PM and Saturday, June 7th evening at 4:30 PM, then set off on a 15 mile, mountainous, no-drop bike ride. Road bikes are preferred, and all are welcome! This event is weather permitting. ***Please RSVP to: rider@FatTireCycle.com

FRIDAY



Festival Fridays & a Heart-Healthy version of the Country Roads Cook-Off

June 6th, 5 PM – 8 PM

Festival Fridays is a weekly, summer event in Buckhannon, organized by Create Buckhannon and the city of Buckhannon. On Friday June 6th, at 5:30, you can watch – and taste! - the finals of a **heart-healthy version of the Country Roads Cook-Off**. Contestants prepare a healthy meal, featuring local, in-season foods. Samples are handed out to everyone, and a group of judges will rank each meal!

Artistry
ON MAIN

STAY OVER SATURDAY NIGHT!

Open House / Artist Demonstration / Live Music @ Artistry on Main Saturday June 7th, 6 PM – 9 PM

Stroll up to Main Street, Buckhannon to Artistry on Main for refreshments, artist demos & live music starting at 6 PM and into the night on Saturday.
