

## WHAT IS A LIVEMEMORIALWELL COMMUNITY PARTNERSHIP?

To develop a culture of health in collaboration with Memorial Health System's LiveMemorialWell initiative to assist members of the community in making healthier choices.

## MEMORIAL HEALTH SYSTEM'S MISSION & VISION


**Mission:** To enhance the health of the people and the communities we serve.

**Vision:** Top 10% in the nation in all we do as an independent, innovative health system.

## CONTACT INFORMATION

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## LIVE • MEMORIAL • WELL

**LiveMemorialWell** was developed because at Memorial Health System, we believe in more than just “sick care.” We want our community to live well in all aspects of life—physically, emotionally and mentally.

LiveMemorialWell aims to be a community partner in achieving and maintaining health through our four pillars: **Learn, Eat, Move, and Share**. This foundation provides community members the vitality to accomplish more, enjoy more, and find a sense of fulfillment no matter what stage of life they are in. We want our community members to have a better life—period.



## OUR COMMUNITY PARTNER PROGRAM

We believe that “health is wealth” and opens the door to a more fulfilled life. Health encompasses much more than lack of sickness, and is influenced by food, physical activity, relationships, and mental development. Chronic lifestyle related diseases, such as diabetes, cardiovascular disease (which causes strokes and heart attacks), obesity, and depression, can be prevented and even reversed by making healthier choices. But, so often, the healthy choices are the difficult choices, requiring more thought, time, and support.

LiveMemorialWell works with our partners to provide and identify healthy plant-based whole food options to their patrons. We will also promote our partners and their healthy options in the community, to help connect them with patrons who are seeking healthier choices. →

#LiveMemorialWell

### LEARN



- Book clubs
- Education programs
- Birthing programs
- Financial support programs
- After school programs



### EAT

- Cooking classes
- Dietary programs
- Eateries – restaurants, bakeries, cafeterias, etc.
- Nutrition Classes



### MOVE

- Community Centers
- Gyms
- Walking /running groups
- Races
- Yoga classes



### SHARE

- Food pantries
- Online community/blogs
- Social Media

**What about your organization**—do you share our vision for a healthier community? Let’s work together to provide healthy options for our community! Contact our team at [livememorialwell@mhsystem.org](mailto:livememorialwell@mhsystem.org) or (740) 592-4229.