Looking for a group to help you be accountable with your goals to live a healthier lifestyle – for free?

**Lifestyle Change Check-In**

- Meets 1st and 3rd Tuesday each month
- 6-7 p.m.
- Verdant Community Wellness Center, 4710 196th Street SW in Lynnwood
- Drop-in – no registration needed!
- Weight checks (if desired)

Each session includes nutrition guidance from a Registered Dietitian Nutritionist, fitness help from an Exercise Physiologist, and goal-setting strategies and support. Commit to improving your lifestyle and get support from experts and people with similar goals. Come with a friend!

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**Do you 5-2-1-0?**

Does your family recognize healthy choices, or could “5-2-1-0” help you stay on track? This campaign is being used by organizations across Snohomish County to encourage the community they serve and their staff to “5-2-1-0” every day!

**5 Fruits and Vegetables**

Fruits and vegetables provide vitamins and minerals that support growth and development in children. In adults, they are also associated with lower rates of heart disease, stroke, high blood pressure, diabetes and some types of cancer.

**2 Hours or Less of Recreational Screen Time**

Watching television and computer gaming can occupy hours of the day. Screen time is associated with inactivity, increased snacking, and obesity. Too much TV has also been linked to lower reading scores and attention problems in youth.

**1 Hour or More of Physical Activity**

Regular physical activity is essential for fitness and the prevention of chronic diseases such as heart disease and diabetes. Children who are raised in families with active lifestyles are also more likely to stay active as adults.

**0 Sugary Drinks**

Sugar-sweetened beverage consumption, such as soda and juice, has increased dramatically during the past 20 years. These drinks are associated with childhood obesity, diabetes, and dental cavities.
Why am I Getting This Newsletter?

About the Verdant Health Commission

All residences in Public Hospital District No. 2, Snohomish County, which runs the Verdant Health Commission, receive a copy of this print newsletter to learn more about the health and wellness services available in South Snohomish County.

This newsletter includes information about many of the programs Verdant supports. To learn more, visit verdanthealth.org or call (425) 582-8600.

Talking Wellness at the Verdant Healthier Community Conference

Approximately 300 people attended the Verdant Healthier Community Conference in February 2016, where attendees heard from keynote speaker Dr. Wendy Sue Swanson on the direction medicine is headed, how the roles of patients and physicians will change in the 21st century, the role technology will play, and how we can all improve the quality of health care.

The Verdant Health Commission gave four awards to community organizations and individuals who demonstrate creativity, collaboration, innovation and extraordinary service in our community. Congratulations to the award recipients: Bill Keppler and Steve Pennington, of the Edmonds Community College Foundation; and The Road Back to Recovery, Dr. Beth Walsh, of The Road Back to Recovery, and Bill Crabtree, The Recess Remodel, and Sam Rector & Mary Beth Walsh, The Road Back to Life and the Puget Sound Kidney Centers Foundation, and the City of Lynnwood Fire Department and Snohomish County Fire District 1.

Did you know?

• Verdant provides grants to community organizations for health and wellness work that serves the public.
• Verdant is governed by a publically elected board and is funded by a combination of rental income and tax revenue.
• Verdant offers free or low-cost healthy lifestyle classes to the public at the Verdant Community Wellness Center in Lynnwood.

Connect with Verdant

There are several options to stay better connected with the Verdant Health Commission online:

Visit us at verdanthealth.org
Sign up for e-Newsletters at verdanthealth.org
Like us on Facebook at facebook.com/verdanthc
Follow us on Twitter @VerdantHealth

South County Walks

Looking for a way to get active and connect with others in the community? The Verdant Health Commission is partnering with the Parks & Recreation Departments of Lynnwood, Mountlake Terrace, and Edmonds and the Edmonds Senior Center to offer regular group walks this summer during a 10-week period. Walks will be approximately 1 hour long.

• Tuesdays at 9:30 a.m. beginning June 21 at the Edmonds Senior Center
• Thursdays at 6:00 p.m. beginning June 23 at the Lynnwood Rec Center
• Saturdays at 9:30 a.m. beginning June 25 at the Mountlake Terrace Recreation Pavilion

More details about Snohomish County Walks is available at verdanthealth.org. If you are interested in being a volunteer walk leader, please let us know. We will provide a training in early June for anyone interested. Call (425) 582-9412 or contact Sue Waldin at sue.waldin@verdanthealth.org for more information.

Message from the Superintendent

Make a change for your health

We were thrilled to host 300 people at our Verdant Healthier Community Conference, and if you attended, we hope you learned strategies and approaches to healthy living that you can apply to daily life.

If you weren’t able to join us, that’s OK, too! There are many different strategies for improved well-being. Here are a few:

• Take a walk. The weather is improving and there are group walks throughout the summer. If you’re not sure where to walk, join a group. See the story on this page for details.
• Prepare your own meals, using whole ingredients whenever possible. We offer a variety of free classes at the Verdant Community Wellness Center to educate and inspire you to cook healthy foods. Take a look on the back cover for ideas.
• Unplug (my favorite). Most adults have become dependent on computers, cell phones, and TVs and our children have, too. The recommended amount of “screen time” – for youth – is 2 hours per day max., and most kids, according to MedLine Plus, get 5 to 7 hours a day. We have work to do here, and modeling good behavior is healthy for us all.

I encourage you to take a look at verdanthealth.org, as you’ll find health tips, community events, and programs that will also support your health and well-being.

Sincerely,

Carl J. Zapora
Superintendent
Exciting things are continuing to happen at Swedish Edmonds! The community is benefiting from the new emergency department and other areas that opened in November 2015. In June 2016, phase 3 of the project will open, which includes medical imaging, an urgent care clinic, and a short-stay unit. And in fall 2016, there are plans to open more cardiac catheterization and interventional radiology labs.

Current Programs & Community Investments

The Verdant Health Commission has provided list of all investments in programs since 2012, including the four programs featured on the following pages and the complete list below. Please visit verdanthealth.org/programs or contact us if you would like to learn more.

Health & Fitness Expo

Families with kids of all ages, are invited to attend this free event that promotes physical activity for a healthy lifestyle. The Expo will take place on Saturday, May 21, from 9 a.m. to 11 a.m. at Lynnwood Convention Center. This year’s Expo will feature over 50 booths with health and wellness resources and information. According to Elaine Sanders, community outreach and education coordinator for Lynnwood Health, the Expo will provide a variety of health tips, treats and physical activity ideas.

Exploring Vegetarian Options

The Verdant Community Wellness Center hosts the annual vegetarian cooking class in the fall that is popular program in March 2016 that includes topics like the Mediterranean Diet and pitfalls to avoid. The class was taught by a Registered Dietitian Nutritionist and the program will take place in Lynnwood.

Health Access for Underserved Communities

Finding community resources, connecting to programs and learning about health is a core event that can be used to help a community. The Verdant Health Commission's Health Access for Underserved Communities program is designed to help people find the resources they need. The program offers free health screenings and health education sessions throughout the year.

Parenting Classes

Support for parents can be useful at all ages of a child's development, which is why the Verdant Health Commission's Parenting Program offers support and group classes for families. The program takes place throughout the year and includes topics like making healthy choices for your family, including a new Building Family Strengths class starting in March.

Board of Commissioners

The Verdant Health Commission is governed by the seven-member commission of Public Health District No. 2. Each member is elected to a six-year term. Regular meetings of the commission take place on the fourth Wednesday of the month. Meeting information is available at verdanthealth.org/meetings.
Get Involved: Community Health & Wellness Events

Learn about all of these events and more taking place in South Snohomish County in 2016 by visiting verdanthealth.org/events.

All events take place at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood, (425) 582-8600.

**The Anti-Inflammatory Diet**
May 4 from 1-2 p.m.

**Crisis Intervention Workshop with Ellis Amdur**
May 19 from 7-8:30 p.m.

**Staying Active with Knee and Back Pain**
May 25 from 6-7 p.m.

**Hands-on Family Cooking Class: Summer Smoothies & Cool Treats**
June 4 from 1-3 p.m.

**A Learn & Taste Series: The Mediterranean Diet**
June 9 and June 16, 6:30-7:30 p.m.

**Anxiety & Depression Film Screening & Discussion for ‘Rocks in My Pockets’**
June 17 from 6:30-9 p.m.

**Cooking Demo: Incorporating Seasonal Produce in Your Meals**
June 20, July 11, Aug. 1 or Aug. 22, from 6-7:30 p.m.

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Interested in staying better connected with the Verdant Health Commission?
- Visit us at [verdanthealth.org](http://verdanthealth.org)
- Sign up for e-Newsletters: [verdanthealth.org/newsletters](http://verdanthealth.org/newsletters)
- Like us on Facebook: [facebook.com/verdanthc](http://facebook.com/verdanthc)
- Follow us on Twitter: [@VerdantHealth](http://twitter.com/VerdantHealth)