Improve your well-being at the Verdant Community Wellness Center

Eat right, see a medical provider for regular check-ups, be physically active, keep your stress levels in check... all of these can help you be healthier, but it is up to you to take steps to make this happen. You provide the initial motivation, and the Verdant Health Commission will be here to offer an array of classes, programs and workshops to give you the tools to be successful.

We encourage all of our residents to take a look at what we are offering at the Verdant Community Wellness Center at 4710 196th St. SW in Lynnwood. Everything at the community wellness center is free or low-cost, although most events do require advanced registration.

How can I find out about Verdant events?

- Take a look at the back cover of this newsletter for a list of some of our upcoming classes
- Visit us online at verdanthealth.org/events for the most accurate list of classes and programs
- View flyers at the Verdant Community Wellness Center, local libraries, senior centers, or other select places in the community
- Call (425) 582-8600 to speak with a Verdant staff member
- Sign up for our free e-newsletter at verdanthealth.org/newsletters

Supporting our youth

Helping young people with mental health challenges

When children and youth mature and develop, it is normal for them to experience challenges. Stress about school and short periods of sadness are normal, but extended periods may mean it’s time to seek professional help. The Verdant Health Commission supports mental health programs for teens and youth through a number of non-profits and clinics, including several who work with staff and schools in the Edmonds School District. We encourage any parents, guardians or youth to seek more information about these programs through their school or by reaching out to a service provider.

(continued inside, bottom left)
Join us.
You're invited to the grand opening of a rebuilt Swedish Edmonds.

Swedish Edmonds is only about one month away from the grand opening of the new Swedish Edmonds Emergency Department, new medical imaging area, Starbucks, gift shop, lobby and sky bridge. This is the largest expansion at the hospital in more than 40 years!

On Nov. 7, from 11 a.m. – 2 p.m., you are invited to a grand opening event. Be sure to bring family or friends, tour the new facility and listen to remarks from both Swedish and community leaders. Enjoy free local food and drink and a variety of community activities. All are welcome. To register and get more information, visit Swedish.org/EdmondsEvent.

Bike2Health is rolling

The cities of Lynnwood, Edmonds and Mountlake Terrace are launching Bike2Health, a collaborative effort to complete 11 critical missing links of the existing regional bicycle network in South Snohomish County. Funded by a $1.9 million grant from the Verdant Health Commission, the project will improve access to health and wellness choices, make bicycling safer and increase the region’s connectivity. Project design kicked off in the summer of 2015, with construction slated to begin in 2016.

Collectively the three cities have completed 23 miles of bicycle network over the past decade. However, much of this construction has been done separately by each city, which has resulted in a segmented bicycle network. This is one reason cited by residents for choosing to use other methods of travel.

The public will have an opportunity to provide input during an open house the cities will share more about the improved bicycle network and bicycle safety and benefits as organized bike rides, classes and bicycle rodeos.

For the most up-to-date information on Bike2Health, visit verdanthealth.org/bike2health or email bike2health@verdanthealth.org.

Supporting our youth (continued from cover)

Programs include those run by: Center for Human Services, Community Health Center of Snohomish County, Edmonds School District’s Student Support Advocates and Therapeutic Health Services.

In addition, the Verdant Community Wellness Center will host opportunities for parents, guardians and others who interact with youth to learn more about how to provide help and support:

- **Youth Mental Health First Aid** is a nation-wide training to introduce adults to the warning signs of mental health challenges in adolescents, build understanding of the importance of early intervention, and most importantly—teach adults how to help a youth experiencing a mental health or substance use challenge or crisis. This free, 8-hour training will take place Saturday, Dec. 19, 2015 and Tuesday, Feb. 9, 2016 at the Verdant Community Wellness Center and is offered by the Center for Human Services. For more information, contact Tanya at (206) 631-8836 or tanya@chs-nw.org.

- **Free Parent Coaching Group for adults challenged by the mental health and substance use struggles of an adolescent child.** Re-think parenting approaches, learn skills to reduce family conflict and encourage healthier teen behavior. You can parent more effectively and with less distress! Contact Therapeutic Health Services at (206) 322-7676 Ext. 248 for information or to register. The group begins Thursday evening, Nov. 5, 2015 at the Verdant Community Wellness Center.

If you or someone you know is in crisis and needs immediate mental health support, call the 24-hour Care Crisis line at 1-800-584-3578.

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**Swedish Edmonds Grand Opening Event**

Saturday, November 7

11 a.m. – 2 p.m.

21601 76th Ave. W., Edmonds, WA 98026

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**Message from the Superintendent**

Spend one day focused on health, wellness

February 29, 2016 (Leap Day)—Verdant Healthier Community Conference

Our goal at the Verdant Health Commission is to make South Snohomish County the healthiest community in Washington state. We are doing this in a variety of ways—by investing in community programs, by offering classes on topics of interest at the Verdant Community Wellness Center, and by trying out new ideas to support your health, like hosting a day-long conference on health and wellness called the Verdant Healthier Community Conference on Feb. 29, 2016 at the Lynnwood Convention Center. The conference will run 8:30 a.m. - 4:30 p.m. and costs only $49 per person, including a nice healthy breakfast and lunch and free parking.

The Verdant Healthier Community Conference will feature speakers and breakout sessions on health and wellness topics that are important to individuals, families, organizations, workplaces and our community as a whole. Stay tuned for more updates and registration information.

Feb. 29 happens to be Leap Day, so we ask that you take this “extra and special” day to spend with us and other community members—learning from experts and each other about ways we can live our healthiest and happiest lives. Learn more this winter at verdanthealth.org or call us at (425) 582-8600.

Sincerely,

Cari J. Zapora
Superintendent
Current Programs & Community Investments
The Verdant Health Commission has provided $14.3 million in programming since 2011, including the following 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.

About the Verdant Health Commission
The Verdant Health Commission is governed by the voter-elected commissioners of Public Hospital District No. 2, Snohomish County. Each member is elected to a six-year term. Regular meetings of the commission take place the fourth Wednesday of the month (December through February, December no meeting). Meeting information is available at verdanthealth.org/meetings.

Board of Commissioners
The Verdant Health Commission is governed by the voter-elected commissioners of Public Hospital District No. 2, Snohomish County. Each member is elected to a six-year term. Regular meetings of the commission take place the fourth Wednesday of the month (December through February, December no meeting). Meeting information is available at verdanthealth.org/meetings.

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Get Involved: Community Health & Wellness Events
Learn about all of these events and more taking place in South Snohomish County in 2015-16 by visiting verdanthealth.org/events.

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

- **Trails to Transit Group Walk**
  Oct. 22 or Oct. 24 from 9-10 a.m.

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

- **Winter Wellness (Free Flu Shots Available)**
  Nov. 4 from 6-7 p.m.

- **Caregiver Support Group**
  Nov. 5 from 1-2:30 p.m., (425) 388-7404

- **Teens in the Kitchen: Cooking with Pumpkin—Seeds to Snacks to Soups**
  Nov. 7 from 1-3 p.m.

- **Exotic Flavors Cooking Class: French Provençal**
  Nov. 17, at 5:30 p.m. or 7:15 p.m.

- **Diabetes Prevention: Tips for Reducing Your Risk**
  Nov. 18 from 1-2:30 p.m.

- **The Carb Conundrum**
  Nov. 19 from 6-7 p.m.

- **Holiday Health: Surviving the Seasons of Indulgence**
  Dec. 3 from 6:30-7:30 p.m.

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

The contents of this winter 2015-16 newsletter are not intended to replace professional health care services, and we do recommend you see your health care professional for guidance and information relevant to your medical history. To view this newsletter electronically, please visit verdanthealth.org or to access it in a different format for people with disabilities, please call (425) 582-8558. Editor: Jennifer Pipic, (425) 582-8558 Design: Jason Becker Creative