

## Healthy Community Program

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Healthy community program is a new initiative of the Ministry of Health Promotions. Its goal is to encourage the development and strengthening of partnerships among service providers thereby improving access to health promotion programs available to residents of Haldimand and Norfolk Counties.

The service partners for this initiative include:

**Canadian Mental Health Association, Haldimand Norfolk Branch**  
**Haldimand Norfolk Health Unit**  
**Holmes House Treatment Center**  
**Haldimand Health & Wellness Programs**  
**The Government of Ontario**

The Healthy Community Program has [six priorities](#) of approach.

- ❖ **Healthy eating** through nutritional education, support and better understanding of healthy food choices
- ❖ **Physical activity** through support and a better understanding of the many benefits of a more active lifestyle. Encouragement, support and education toward **preventing injury** when physically active by helping people to assess their current physical level and work toward gradual improvement.
- ❖ Education, information, resources and support on the health effects of **tobacco use and exposure** with encouragement to work toward reduction and quitting.
- ❖ Information, education, resources and support regarding **substance and alcohol misuse**.
- ❖ Education, information and support promoting **mental health & wellness**.

With these six priorities in mind, the program has formed supports focusing on Healthy Lifestyle, yoga, relaxation, walking, tai chi and stress management, as well as a variety of other community outreaches that have helped many in our region.

For more information on this program, or if you would like to get involved, please contact Joanne Cleland, Healthy Community Coordinator at 519-428-2380, extension 211 or Email Joanne at [jcleland@cmha-hn.ca](mailto:jcleland@cmha-hn.ca)