



Pioneering Healthier Communities

Dear Community Member,

Please join us on January 19th at our Town Hall Meeting sponsored by Pioneering Healthier Communities, a community collaboration.

The goal of the Town Hall Meeting is to listen to your thoughts about physical activity and healthy eating initiatives which are working in DeKalb County as well as opportunities to advance them. Whether or not you are currently involved in these initiatives, we encourage you to attend this public meeting and to invite your colleagues and friends. We welcome your input on how to improve the overall health of our community.

Thursday, January 19th
6:30-8:00pm
DeKalb High School Public Forum Room
501 W. Dresser, DeKalb, IL

About Pioneering Healthier Communities:

Kishwaukee Family YMCA and KishHealth System are engaging community leaders through the Pioneering Healthier Communities (PHC) Initiative. PHC is built on the concept that local communities can work together to give all people healthy choices and support the pursuit of healthy lifestyles. Through support from the CDC, we are partnering with others to create policies and environments that motivate people to eat healthy and be physically active every day. For more information, visit www.kishymca.org.

Please R.S.V.P. to either Kim or Lisa if you are able to attend. If you have any questions, do not hesitate to contact either of us.

Sincerely,

Kim Jass-Ramirez
Community Outreach Director
Kishwaukee Family YMCA

Lisa Cumings
Community Health Liaison
Kishwaukee Community Hospital

Rob Wilkinson
CEO/Executive Director
Kishwaukee Family YMCA

Kevin Poorten
President & CEO
KishHealth System

Our Vision: *Healthy and Active Communities throughout DeKalb County.*

Our Mission: *Partner with others to create policies and environments that motivate people to eat healthy and be physically active every day.*