## What Makes Us Healthy



# What We Spend On Being Healthy





#### **Vision Statement:**

We are a community committed to supporting a culture of health

#### **Mission Statement:**

Lead and support a culture of health in the Savannah area by:

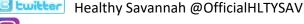
- Creating an environment that makes a healthy choice an easy choice,
- Building a collaborative network that identifies and shares resources,
- Collecting and disseminating information,
- Promoting best practices and supporting innovative programs, and
- Advocating for effective policies.

### www.healthysavannah.org

Signup for our e-newsletter or contact us via our website using the 'Contact Us' link @



Healthy Savannah – Get Up, Get Out, Get Healthy





IT TAKES SMALL STEPS TO ADOPT HEALTHY HABITS – please write down one specific thing that you will do for the next month to be healthier. Once you have that one down pat – start another!