



937 Dixon Blvd.
Cocoa, FL 32922
321-635-8885

Brevard Navigator Project

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Health Literacy in *Brevard*

ADDRESSING THE HEALTH NEEDS OF INDIVIDUAL CONSUMERS AND SMALL BUSINESSES IN BREVARD.



Health Literacy Consortium

Tuesday, January 17th, 9:00 AM
Suntree Office Tower
Third Floor
6905 N Wickham Road
Melbourne, FL 32940

LIFEGUARDS NEEDED

Suntree YMCA has a need for Lifeguards. Each applicant must possess the required Lifeguard, CPR and 1st Aid certifications. Pay is very competitive. They also have an opening for a full-time Aquatics Coordinator.

Contact:

Joe Rowlette

Operations Director

Suntree YMCA Family Center

6300 N. Wickham Rd, Suite 114, Melbourne, FL 32940

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Open Enrollment for 2017 health plans starts November 1, 2016.

Important dates to note:

- **December 15, 2016:** Last day to enroll in or change plans for coverage to start January 1, 2017.
- **January 1, 2017:** 2017 coverage starts for those who enroll or change plans by December 15.
- **January 31, 2017:** Last day to enroll in or change a 2017 health plan. After this date, you can enroll or change plans only if you qualify for a [Special Enrollment Period](#).



Healthiest Weight Brevard
Tuesday, Dec. 13th, 8:30am
Suntree Office Tower
SCHF Third Floor Conference
6905 North Wickham Road
Melbourne, FL 32940



Provide research, program development and evaluation services that enable community-based health organizations to improve population health.

Making Brevard County a Blue Zone Project

What is a Blue Zone?

For over a decade, Dan Buettner has been working with the National Geographic Society to identify hot spots of human longevity around the world – so called Blue Zones that have residents that have grown old (many in their 90's and 100's) without diseases like heart problems, obesity, cancer, or diabetes.

What is the Blue Zone Project?

Beginning in 2009 with the financial support of AARP, the Blue Zone Project began applying nine lessons learned from Blue Zone communities in cities across America. So far, ten million people live in the 10 states and 39 communities where the Blue Zone Project has used evidence-based strategies to permanently change environments, lifestyles and social networks to make healthy choices easy. This has resulted in obesity reduction rates greater than 10%. In a few beach communities in California, smoking rates dropped 60%.

Why consider making Brevard County a Blue Zone Project?

We're fortunate that the health leaders in Brevard County have made it their goal to improve access, behavioral health, and oral health as indicated by their support and active involvement with the Space Coast Health Foundation. The difficulty as demonstrated in the Community Health Needs Assessments and the public health Community Health Improvement Plans (2012 and 2016) is that the problems that prevent achieving these goals can't simply be solved by the health care community alone. As demonstrated by The Blue Zone Project in communities elsewhere, the "entire village" needs to become engaged in these community-driven projects. When they do, people move more, eat less, and health funding grants pour into the community.

What does it take to bring The Blue Zone Project to Brevard County?

We must commit to a Community Leadership and Potential Funder presentation to learn and ask questions of a Blue Zone Project expert. Additionally, communities must demonstrate champions, sector leadership, and the means to fund a project of this scale. There is a \$2,500 presentation fee to cover travel and related expenses. To date, three organizations have offered to cover \$250 each. Additionally, one has offered its facility in Viera that will accommodate the 100 individuals expected to attend.

What can my organization do to explore how The Blue Zone Project could help Brevard County earn this prestigious designation and national recognition while accomplishing our health improvement objectives?

Additional organizations must agree to contribute \$250 each (or more) to reach our \$2,500 goal. Participation at the Blue Zone Project presentation in Viera in early 2017 is also a must.

We'll participate! Name _____ Organization: _____ Amount: _____
Please scan this form to Ken Peach at kpeach@hcecf.org. Thank you.

5931 Brick Court, Suite 164 Winter Park, FL 32782 Phone and fax: 888.991.3652
www.hcecf.org

USA is now accepting Letters of Interest from communities wishing to begin the process of applying for Groundwork USA program funding and technical assistance and to join the Groundwork Network. Funding is currently available to select up to two new communities for the Groundwork Program. They will be eligible for up to \$200,000 in funding and technical assistance from the National Park Service, US Environmental Protection Agency, and Groundwork USA to plan, establish, and build the capacity of Groundwork Trust organizations in their communities. For complete details on the application and selection process, including eligibility requirements, submission details, and evaluation criteria, [download the Call for Letters of Interest](#). Letters of Interest must be received by Groundwork USA by **February 1, 2017**.

If you have questions about the application process, please [contact Anjali Chen](#), Trust Services Director at Groundwork USA.

For more information about Groundwork USA, please visit www.groundworkusa.org.



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Become a United Way of Brevard Wellness Champion. Wellness Champions are skill-based volunteers to participate in United Way of Brevard health initiatives to increase physical activity, reduce obesity, and serve to enhance and enrich the lives of all of our program participants.

Go to www.uwbrevard.org
click on VOLUNTEER
Search for Wellness Champions.
Click on "Interested"