



Healthy City Spring Workshop

A gathering to nurture ideas and action for a Healthier Fall River

Wednesday, April 21, 2010

4:00 p.m. - 7:00 p.m.

Government Center Atrium
Fall River Government Center

Fall River Mass In Motion, in collaboration with Healthy City Fall River and Children In Balance, is working to create new systems to support the development of community gardens, farmers' markets, parks and open spaces. The goal is to create sustainable systems that will improve the local food supply and create improved opportunities for active living.

Join us for any one or all three learning opportunities in the atrium of Fall River Government Center and enjoy a healthy supper prepared by George Malatantis of the Highland Luncheonette. Please reserve your place now and pay only \$10 at the door.

Program

3:30 p.m. — Registration (Government Center Atrium)

4:00 p.m. — Session One: Cultivating Community Gardens and Farmers' Markets

Derek Christianson, Brix Bounty Farm, Dartmouth

Janel Wright, Community Programs Manager, Groundwork Lawrence

Jane Calvin, Executive Director, Lowell Parks & Conservation Trust

5:00 p.m. — Buffet supper

Welcome from Mayor Flanagan

Introduction of the Parks Advocacy and Community Gardens coordinators

Keynote presentation: **Changing Places, Changing Lives**

Heather McMann, Executive Director, Groundwork Lawrence

6:00 p.m. — Session Two: Developing Urban Parks and Open Spaces

Mike Labossiere, Fall River Water Division Forester

Al Lima, Green Futures, Fall River

Members of the Urban Land Protection Council:

- Colin Michael James Novick, Executive Director, Greater Worcester Land Trust
- Heather McMann, Executive Director, Groundwork Lawrence
- Jane Calvin, Executive Director, Lowell Parks & Conservation Trust
- Andrea Freeman, Director, Putnam Conservation Institute, The Trustees of Reservations
- Cindy Hutchison, Program Manager, Waltham Land Trust

Please use the attached registration form to let us know by April 16th that you are planning to attend!



The following organizations have been invited to participate in the Spring Workshop in order to foster dialogue and mutual learning. Each community has several years of experience in addressing the challenges of improving open space and food supply in Massachusetts communities. Join us for part or all of this event to expand your vision of how open spaces and community food supplies can be improved through collective advocacy and action.



Participating Organizations



Healthy City Fall River is a collaboration between the Fall River Health and Human Services Department and Partners for a Healthier Community, Inc., the local Community Health Network Area (CHNA) organized by the Massachusetts Department of Public Health (DPH). Partners maintains a working partnership between DPH and area residents to improve the health status of all those who live or work in the CHNA. Partners for a Healthier Community, Inc., supported in part by DPH linkage funds from Southcoast and Saint Anne's Hospitals. www.HealthyCityFallRiver.org



Mass in Motion is a state-wide initiative to combat obesity and the chronic diseases that result from overweight and lack of physical exercise. Mass in Motion aims to promote wellness and to prevent overweight and obesity in Massachusetts – with a particular focus on the importance of healthy eating and physical activity. This is a priority area of the HealthyMass Compact, which was announced by Governor Deval Patrick and Secretary JudyAnn Bigby in 2008. Mass in Motion is privately funded by the state's largest insurance carriers. Grants were awarded to ten communities across the state and Fall River is one of only two communities to receive an implementation grant. Mass In Motion seeks to create policy and improve the environment so that making healthy choices, such as walking or biking, are the easiest choices. It seeks to create sustainable changes that will impact people for years to come. www.Mass.gov/MassInMotion



Tufts University is replicating its successful Shape Up Somerville childhood obesity prevention project, **Children in Balance**, in a two-year study targeting 1st through 3rd graders and their families in Fall River. Fall River was one of six communities selected from among 80 who applied nationwide. The school system is receiving training, tools, and funding to surround children with healthier food options and opportunities for active living. The project also works with child-serving agencies to improve nutrition and fitness levels and decrease "screen" time. www.tufts.edu/nutrition/childreninbalance



Groundwork Lawrence, a 501(c)3 non-profit organization, has been making change happen in Lawrence, Massachusetts since 2001. Through its environmental and open space improvements, community food programs, youth education and employment initiatives, and community programming and events, Groundwork Lawrence creates the building blocks of a healthy community, and empowers Lawrence residents to improve their quality of life. Groundwork Lawrence achieves results by engaging the whole community – residents, non-profit organizations, city government and businesses – in the planning and realization of its projects. With this collaborative approach, Groundwork ensures that all stakeholders are mutually invested in its outcomes, the key to stable neighborhoods and sustainable change. www.groundworklawrence.org/



Lowell Parks and Conservation Trust's mission to improve the quality of life for the people of Lowell through the creation, conservation, and preservation of parks, open spaces, and special places. We believe that people can be a positive force toward improving the environment in which they live www.lowellandtrust.org/content/about-us



The Trustees of Reservations preserve, for public use and enjoyment, properties of exceptional scenic, historic, and ecological value in Massachusetts. The organization cares for more than 100 special places – nearly 25,000 acres – all around Massachusetts, and is actively building an extended family of friends and neighbors across the state that can help in their different ways. The Putnam Conservation Institute (PCI) seeks to increase the capacity of the conservation community to protect, care for, and interpret the natural and cultural resources of Massachusetts, by offering workshops, conferences, and connections for land conservationists, urban park advocates, historic preservationists, watershed associations, state agencies, municipal commissions. www.tfor.org



The Greater Worcester Land Trust is a non-profit land trust dedicated to thoughtful land use that preserves critical natural, historical and scenic lands through gifts, government acquisitions, applying for grants, outright purchases, and encouraging intelligent land planning. www.gwlt.org/



Waltham Land Trust -We are a group of Waltham citizens who want to save open space in our city. Our mission is to acquire, preserve or restore land in a way that balances conservation and access, so that public appreciation of natural resources grows, native habitat is preserved and restored, environmental quality of life is improved, bio-diversity is increased, and a legacy of conservation is perpetuated in Waltham. <http://walthamlandtrust.org/>

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Healthy City Workshop Registration Form

Name _____

Organization _____

Address _____

E-mail _____

Telephone _____

Please RSVP by sending the form below *no later than April 16th* to Healthy City Fall River, Room 422, Government Center, Fall River, MA 02722, or by fax at 508-324-2429. Please call Heather Salva at 508-324-2410 for further information or to request special accommodations.

I plan to attend: (check all that apply)

Session One (4:00 p.m.)

Buffet Supper & Keynote* (5:00 p.m.)

Session Two (6:00 p.m.)

* Please pay \$10 when you arrive that evening.

Seating will be limited, so please register early, and let us know in advance if you require any special accommodations.