



LiveWell Fort Mitchell's Vision Toward A CULTURE OF GOOD HEALTH

“Living well” begins with healthy behaviors which are enabled by healthy policies, systems, and environments. We can do better and need to do better to lead healthier, happier lives right here! LiveWell NKY provides a common framework, necessary support, and inspiration for all of us to join together in the movement towards better health.

LiveWell Fort Mitchell is...

...a group of committed community members, health advocates, and businesses collaborating to make the healthiest choice the easiest choice for everyone living and working in Fort Mitchell. We are focused on achieving sustainable health goals by increasing physical activity, healthy eating, and tobacco-free environments.

LiveWell in Fort Mitchell Means

- Healthy Eating-Increase access and awareness of nutritious food for everyone. Share in family fun activities at the DCCH Farmer's Market. Garden with us at the Fort Mitchell Community Garden, located at our City building.
- Increase Physical Activity-Run or walk on marked one mile safe routes.
- Tobacco-Free-Encourage residents and businesses to support clean, healthy air environments. Enjoy Fort Mitchell parks which are now tobacco-free.

LiveWell Fort Mitchell Partners

- Beechwood Independent Schools
- City of Fort Mitchell
- DCCH Center for Children and Families
- St. Elizabeth Healthcare
- Better Bodies/Silver Lake
- Remke Markets
- HORAN
- VonLehman CPA & Advisory Firm
- Fort Mitchell Baptist Church

LiveWell NKY is a key strategy of the myNKY work plan, and is a program of Skyward in collaboration with the Northern Kentucky Health Department, St. Elizabeth Healthcare, and multiple other community partners.



Are you ready to join the
movement?

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