



Healthy Monadnock is a community engagement initiative designed to foster and sustain a positive culture of health throughout the Monadnock Region.

**Our Shared Vision:** For the Monadnock region to be the healthiest community in the nation where all individuals reach their highest potential for health.

**Our Shared Goals:**

- Increased healthy eating
- Increased active living
- Increased educational attainment
- Increased income and jobs
- Improved conditions and skills that support mental well-being
- Improved access to quality healthcare
- Increased social connections
- Increased tobacco free environments
- Increased regional capacity to prevent substance misuse

The Healthy Monadnock initiative is overseen by the Leadership Council for Healthy Monadnock, of which Cheshire Medical Center is a member.

To learn more about the initiative, visit [healthymonadnock.org](http://healthymonadnock.org).

How do we, as a Healthy Monadnock partner, support the initiative?

**Here are a few examples of Cheshire Medical Center’s activities.**

In addition to being a Healthy Monadnock Organizational Champion, supporting health and wellness within our organization, Cheshire Medical Center, as one of several partners of Healthy Monadnock, extends our efforts into the community. Below are a few examples of ways in which Cheshire is actively engaged in that partnership.

**Aligned Efforts:**

- *Prescribe for Health* Program
- Tobacco Cessation Program
- Free Health and Wellness Programs
- *Mothers in Recovery* Program
- Employee Wellness Programs
- Medication Assistance Program
- Diabetes Care Network
- *Senior Passport* Discount Meal Program
- Free breast and cervical cancer screenings for under and uninsured women
- Free skin cancer screenings for under and uninsured individuals
- Fresh salad bar at reduced cost in the Art Nichols Café
- Monthly Farmer’s Market

**Supportive Contributions:**

The Center for Population Health at Cheshire Medical Center provides infrastructure and staff support to:

- Leadership Council for Healthy Monadnock
- Healthy Monadnock Champions program
- The Greater Monadnock Public Health Network

**Collaborative Involvement:**

- Cheshire Diabetes Prevention Program
- Family Resource Counselor
- Sports Medicine Athletic Trainers Program
- *Cheshire Walkers* Program

**Join us!**

The Leadership Council for Healthy Monadnock invites community members to advance our shared vision of optimal health and wellness for all in the Monadnock Region through three basic types of engagement:

- **Aligned Efforts:** creating environments and leveraging capabilities to support the shared goals of Healthy Monadnock
- **Supportive Contributions:** dedicating resources to advance the mission of Healthy Monadnock
- **Collaborative Involvement:** engaging in partnerships to create opportunities for movement toward our shared goals

