

It's all taking SHAPE!

Can you feel the momentum? Munson Healthcare recently chose obesity as their system-wide initiative. The Northern Michigan Community Health Innovation Region (CHIR) recently selected to focus on individuals with chronic disease, with a focus on obesity in the upcoming year. And, there is an exciting new group starting called TC Health which is a meet-up for wellness innovators click [here](#) for more information on their first meeting June 20th. These are exciting times as this region comes together to encourage healthy weight and an active lifestyle.

Shape Up North continues to collaborate and partner with like-minded individuals and organizations across our region because our collective impact can start making real changes in our communities. A culture of health and wellness will take extensive collaboration and partnerships and it's **all** starting to take SHAPE.

Fruit and Vegetable Prescription Program

Everything is taking shape for the three Fruit and Vegetable Prescription Programs taking place this market season.

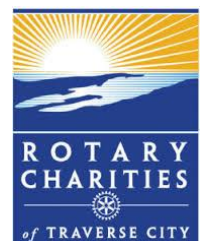
The State of Michigan Health and Wellness 4x4 program will impact adults with chronic disease at Munson Family Practice and the Traverse Health Clinic. Referrals have already started and we anticipate the Market at the Grand Traverse Commons to be bustling on our first market day Monday, May 22nd.

The *Michigan Health Endowment Fund* grant will impact children and families who are overweight, obese or food insecure. All four pediatrician offices in Traverse City have started patient referrals. Traverse Area Pediatric & Adolescent Clinic, Northern Michigan Medicine and Pediatrics, Kid's Creek Children's Clinic and Grand Traverse Children's Clinic are all referring qualified children and their families. Their first day will also be Monday, May 22nd.

In Benzie County our partners are ready to get started thanks to a grant from *Rotary Charities*. Through a partnership with Grow Benzie and Paul Oliver Memorial Hospital we will be seeking adults who are overweight, obese, or have a chronic disease. Our referring partners are the Crystal Lake Clinic in Benzonia and Frankfort, Bay Area Christian Neighbors (BACN), Benzie Senior Resources and Paul Oliver Hospital. Referrals begin May 15th and the first market day is Monday, June 5th.



CREATING HEALTHIER PLACES
TO LIVE, WORK, LEARN AND PLAY
In partnership with Michigan Department
of Health and Human Services



During the 2016 Pilot Program we found community members who visited the Farmers Market really enjoyed attending the cooking demonstrations and receiving new recipes made with fresh local ingredients. We welcome everyone to come to Grow Benzie and The Grand Traverse Commons to see the Fruit and Vegetable Prescription Program in action.

- [Grow Benzie](#) Open on Mondays with cooking demonstrations at 4:30 and 5:30pm from June 5th – August 28th.
- [The Village at Grand Traverse Commons Farmers Market](#) Open on Mondays with cooking demonstrations on the hour between noon and 4pm from May 28th – September 18th.

For More Information on the Fruit and Vegetable Prescription Program please click on [Shape Up North](#) to visit our website.

More collaboration and partnerships

The Michigan Health Endowment Fund recently awarded Munson Healthcare Foundations \$401,513 on behalf of Shape Up North as part of an effort in the Grand Traverse region to build and strengthen a child-focused culture of health and wellness. The grant was one of 13 given to nonprofit organizations from the 2017 Nutrition and Health Lifestyles funding.

SUN along with Groundwork Center for Resilient Communities, MSUe, Taste the Local Difference, TCAPS, TBAISD and the Great Lakes Culinary Institute have been working together on a plan which impacts the four areas of community, schools, employers and providers. This funding will help to build a child focused culture of wellness by placing the child in the center and creating programs to impact their sphere of influence. This funding has opened doors to new ways to work together to achieve our common goal.

For more information on Shape Up North please contact:

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