

OUR VISION

An active, thriving, diverse Luzerne County that supports wellness and a safe and healthy environment.

OUR MISSION

Use education, coalition building, advocacy and research to empower everyone to lead happier, healthier lives.

Membership is free...

Join Today!



BACKGROUND

For the past four years, Luzerne County has participated in the *Steps to a Healthier U.S.* initiative, the first integrated approach to evidence-based chronic disease prevention and health promotion at the community level.

Through this initiative, *Steps to a HealthierPA Luzerne County* has worked to create, enhance and expand partnerships that promote nutrition, physical activity and tobacco avoidance.

A new partnership, **Live Well Luzerne County**, will continue the *Steps* tradition. The collaborative efforts of our members will form a unique, diverse and energetic voice in Luzerne County that will ultimately enhance the health and well-being of residents of all ages.



MEMBERSHIP FORM

Name: _____

Organization: _____

Address: _____

City, State, Zip: _____

Phone Number: _____

E-mail Address: _____

I/My agency is interested in the following topics: (please circle)

- Physical Activity/Active Living
- Outdoor Recreation
- School Health
- Health Education
- Nutrition/Obesity
- Breastfeeding
- Workplace Wellness
- Neighborhood Safety
- Sustainable Communities
- Preventing Health Conditions
- Managing Health Conditions

Send this form to:

Carol Husa
Healthy Communities Coordinator
Wilkes-Barre Family YMCA
40 West Northampton Street
Wilkes-Barre, PA 18701
Phone: 570-823-2191
Carol.Husa@wbymca.org

MEMBER COALITIONS

Luzerne County Asthma Coalition

Luzerne County Breastfeeding
Coalition

Luzerne County School Health
Advisory Council

Northeast Childhood
Wellness Team

Tobacco Free Luzerne County

Workplace Action Team

Wyoming Valley Wellness Trails
Partnership



FOR MORE INFORMATION CONTACT:

Joe Aquilina

Hazleton Health and Wellness Center
570-501-6802

Carol Husa

Wilkes-Barre Family YMCA
570-823-2191

LIVE WELL LUZERNE COUNTY

Steering Committee

Joe Aquilina

Hazleton Health and Wellness Center

Regina Allen

Northeast Regional Cancer Institute

Kathy Finsterbusch

PA Department of Health

Howard Grossman

Jewish Family Services

Carol Husa

Wilkes-Barre Family YMCA

Ted Kross

Wilkes-Barre City Health Department

Diane Madras

Misericordia University

Michele Schasberger

Wyoming Valley Wellness Trails
Partnership

Arlene Sindaco

Wyoming Valley Vegetarians

Linda Tirpak

Blue Cross of Northeastern PA

JOIN US!



*Enhancing the health and
wellness of our communities one
step at a time...*