

## **RUSHVILLE TO HOST ACTIVE LIVING WORKSHOP MARCH 29**

**Rushville, Ind. – March 18, 2016** – In its ongoing effort to help Rushville and Rush County residents of all ages and abilities become healthier and more active, Rushville officials will host a day-long Active Living Workshop Tuesday, March 29 from 9:00 a.m. – 4:00 p.m. at Rush Memorial Hospital, 1300 North Main Street in the Ernest Kenneth Conference Center.

To register to attend, call 317-352-3804 or go to [www.healthbydesignonline.org](http://www.healthbydesignonline.org)

According to Mayor Mike Pavey, Rushville was one of five Hoosier communities selected for this workshop out of 13 communities who applied.

“The workshop is a very collaborative effort, bringing together approximately 50 elected officials, civic leaders, government staff, school representatives and community stakeholders to learn about the benefits of active living communities, network and discuss strategies to reach the overall goals of Rushville and Rush County being as healthy as possible.

“Our responsibility as city and county leaders in helping our residents become more active and, in turn, positively impact their health is to help ensure our community has healthy infrastructure options for everyone of all ages and physical abilities.

“Our environment must be designed to encourage and promote healthy lifestyles with residents being able to easily walk or bike to the grocery store, for example. In addition, we need to ensure our healthy environment easily meets the needs of residents who use wheelchairs and push strollers,” Pavey said. “Convenience and accessibility to healthy options for residents of all walks of life is our primary goal.”

Workshop participants will participate in a walk audit of the community to evaluate the accessibility and condition of the City’s sidewalks and roads and work with organizers to identify active-living priorities in the community.

Following the March 29 workshop, Rushville officials will receive a summary report with best practice resources, technical assistance and guidance on implementing the active living plan created during the workshop.

Health by Design and the Indiana State Department of Health are partnering to present the workshops in the selected communities. In addition to Rushville, Kokomo, Muncie, New Castle and Pendleton were chosen to host Active Living Workshops.

Funding for the workshops is provided by the Centers for Disease Control and Prevention with each event valued at \$6,500 and provided at no cost to the five selected communities.

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For questions or interview requests, contact Mayor Pavey at 765-932-3735.