



trythiswv.com

Are you working for a healthier West Virginia?

This Web site will be one of your new best friends!

Yes, West Virginia tops a lot of worst health lists, but we don't have to stay there. The Try This site - funded by the Benedum Foundation, - is a great new tool for you!

The trythiswv.com site is a feast of affordable, do-able ideas.

- More than 85 idea-packed files on activities ranging from farmers markets to running/walking clubs, to school-based health centers and gardening for children.
- Filled with wonderful West Virginia examples that show what great models we have here.
- Each page has its own easy-to-send URL. An easy way to find and give people helpful how-to resources.
- First-rate information that makes it easier to write healthy lifestyle grants.
- A handy assessment tool to help communities review a wide range of possible activities and inventory what they are already doing.

"The Try This site makes it so much easier to help community people get going with a project. I've used it with several communities, and it really works. One even found funding by following the links on the build-a-trail page."

- Laura Dice, Coordinator, KEYS 4HealthyKids

"The Try This Web site has helped us tremendously in getting our bike trail started. We love it."

- Gabe Roush, Point Pleasant Bike Trail organizing team

The Try This Web site is funded by the Claude Worthington Benedum Foundation and is coordinated through the WV Healthy Kids and Families Coalition.



School Gardening in Putnam



700+ join Jackson Moovin' and Groovin'



Mommy and Me Zumba in Wirt



Active Biking Program in Wood



Monthly 5Ks in Mingo

Web site comes to life at the Try This conference, June 5 – 6!
See www.trythiswv.com for more information