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## **Community Health Works announces first quarterly Monroe County Health Summit Meeting**

MACON, GA (March 8, 2010)—Community Health Works, a local non-profit organization dedicated to improving healthcare in Central Georgia, announced plans this month to host Monroe County’s first quarterly follow-up meeting to the Central Georgia Regional Health Summit. The Monroe County Health Summit meeting is open to the public and will be held on Wednesday, March 24<sup>th</sup>, from 8:00-10:00AM at the City of Forsyth Welcome Center (Aldermen Hall). The purpose of the meeting is to convene local leaders and residents to build a community action plan aimed at creating a healthier county through community-based health and wellness initiatives.

The Monroe County Health Summit meeting is part of the Central Georgia Regional Health Summit, a larger regional initiative led by Community Health Works. The three-year Health Summit campaign was launched last October with a leadership breakfast and annual conference, during which more than 100 community leaders from across the region came together to address regional health and healthcare issues. The purpose of the Health Summit is two-fold: (1) to address and reduce the prevalence of obesity and related chronic illnesses, such as cardiovascular disease and diabetes, and (2) to create a regional “culture of wellness” that values healthy behaviors as local priorities in Central Georgia.

The Health Summit kicked off in October with The Medical Center of Central Georgia as the Presenting Sponsor and Houston Healthcare as the Platinum Sponsor. The Leadership Breakfast, held on October 7, 2009, provided an opportunity for public officials and local leaders to give and receive information about the state of health in central Georgia. On October 21, 2009, more than 100 community

leaders from CHW's seven-county service region—Bibb, Crawford, Houston, Jones, Monroe, Peach, and Twiggs—convened to discuss ways to combat obesity and related chronic conditions.

Through quarterly public meetings currently being held in each county, local residents and representatives of local businesses, farm bureaus, city and county government, charitable organizations, healthcare providers, education, faith-based organizations, and the like, have the unique opportunity to work together to develop a concrete community action plan to improve the health of local citizens. In an effort to address local health needs specific to each county, Community Health Works actively engages community members in carefully identifying the local assets and resources needed to sustain a county-wide pursuit of health and wellness. Through these efforts to unite local communities in a singular focus on creating a healthier populace, the Health Summit serves as an ongoing, community-responsive dialogue around health issues that matter the most to local communities and healthcare systems alike.

Community Health Works is a growing network of regional healthcare institutions, physicians, and community organizations working together to serve Central Georgia as a Regional Center for Health Innovation. The Central Georgia Regional Health Summit will allow CHW to achieve its larger vision to provide *better health for all people through communities working together*.

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FOR MORE INFORMATION

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Central Georgia Regional Health Summit website:

[www.cgrhs.org](http://www.cgrhs.org)