



Seeking Tactical Team Participants

VISION

La Mesa and Spring Valley are the healthiest and most livable communities in the San Diego region.

WHAT is LIVE WELL?

Live Well is an Initiative that will build upon a long-range vision for healthy communities by:

- increasing access to safe opportunities for physical activity
- improving access to healthy food options
- providing residents with information on local resources so they can find their own ways to practice healthy living.

Participation by community members will make Live Well successful in improving local quality-of-life.

WHAT is a TACTICAL TEAM?

The purpose of the Live Well Tactical Teams is to bring together interested partners to develop and implement components of a detailed Strategic Plan for the Live Well Initiative.

Separate teams will be formed beginning in March 2009. Partners with knowledge of the following environments/jurisdictions are encouraged to participate:

- La Mesa neighborhoods
- Spring Valley neighborhoods
- La Mesa-Spring Valley School District
- Health care
- Business
- Faith community

In addition to assembling new partners, Tactical Teams will connect with existing committees and collaborations currently addressing wellness (e.g. LMSVSD Wellness Committee, La Mesa Wellness Task Force, La Mesa Collaborative, Spring Valley Youth & Family Coalition).

Tactical Teams will seek significant input from community stakeholders and will collect information about potential strategies to address identified issues and needs. Over a period of about 6 months, each Tactical Team will develop a component of the Live Well Strategic Plan focused on one specific setting. After the Strategic Plan is approved by appropriate governing bodies, members of the Tactical Teams will lead the implementation of the action items identified in their plan. Each component of the Strategic Plan will:

- serve as a means for increased community collaboration
- reflect an assessment of current conditions
- provide evidence on strategies that are feasible within each jurisdiction
- include measurable outcomes
- contain a timeline, responsible parties, and resources necessary for successful implementation.

HOW CAN YOU PARTICIPATE in LIVE WELL?

- Attend and actively participate in monthly strategic planning meetings in your area (time commitment varies by jurisdiction)
- Contact Jenna Kirschenman for meeting dates/times

FOR MORE INFO OR TO GET INVOLVED, CONTACT Jenna Kirschenman at LiveWell@ci.la-mesa.ca.us or call City of La Mesa Community Services at 619-667-1300