



Get Involved and Have FUN as a Live Well Community Ambassador

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.

VISION

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

WHAT is a Community Ambassador?

Community Ambassadors will support Live Well in their neighborhoods. They will help lead and sustain a community-wide movement aimed at creating healthy neighborhoods. Community Ambassadors may be part of existing community groups (e.g. PTA, Neighborhood Watch, youth groups, etc.) or may just be interested in connecting with their neighbors on the issue of community health. The important thing is that Ambassadors be prepared to connect Live Well to the communities of which they are part.

Ambassadors will help shape Live Well's strategies:

- Contribute to Live Wells' Strategic Plan
- Conduct community assessments and identifying needs (e.g. neighborhood walkability and bikeability, park audits, community surveys)

Ambassadors will develop opportunities for community members to participate in and support Live Well:

- Creating communication networks among neighbors to share information
- Organizing and contributing to enjoyable community events with a wellness focus
- Advocating for policy and environmental changes that improve health

Community Ambassadors will receive training in topics such as:

- Orientation to local government and decision-making, including existing policies and priorities
- Health issues and links between environments and health outcomes
- Community organizing and advocacy
- Community needs assessments

Events

- Designing Streets for Pedestrian Safety - informational training for local residents
- Flag Day Parade - join us on our bikes at the parade as we "Live Well"
- La Mesa Urban Walking Trails

FOR MORE INFORMATION OR TO GET INVOLVED, CONTACT the City of La Mesa
at livewell@ci.la-mesa.ca.us or 619-667-1300