

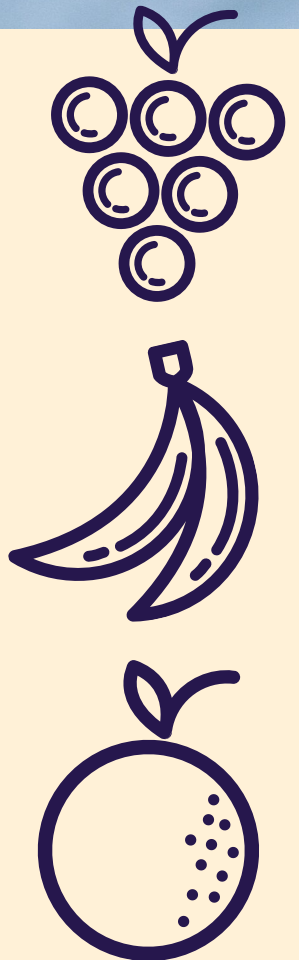


GENEROUSLY FUNDED BY THE LEGACY FOUNDATION OF SOUTHEAST ARIZONA

BUILDING HEALTHY COMMUNITIES

PROMOTING **HEALTHY EATING &
ACTIVE LIVING** IN COCHISE COUNTY.

Partnership involving **The Legacy Foundation of Southeast Arizona**, the **University of Arizona Cooperative Extension**, **Cochise County Health and Social Services** (Healthy Cochise), the **Community Food Bank of Southern Arizona**, **First Things First**, and the **Cochise County Superintendent of Schools**.





Legacy Foundation of Southeast Arizona

PROMOTING POPULATION HEALTH AND COMMUNITY WELLNESS
THROUGHOUT SOUTHEAST ARIZONA



Cooperative Extension



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA

FIRST THINGS FIRST

YOUR HELP IS IMPORTANT. WILL YOU JOIN THE INITIATIVE?

Join your town's Healthy Community Committee (HCC)

These committees focus to identify and address health concerns specific to their neighborhoods, towns, and surrounding areas. Cochise County has HCC's in Sierra Vista, Bisbee, Willcox, Benson, Tombstone, Huachuca City, Douglas, and on Fort Huachuca. Elfrida coming soon!

Contact our HCC Program Coordinators for more information about your town's HCC and information on how to join!

HCC PROGRAM COORDINATOR (WEST)

Liza Quinones, M.S.
lizaquinones@email.arizona.edu

HCC PROGRAM COORDINATOR (EAST)

Candace Weingart Selleck, M.A., LMHC, LISAC at
monday@email.arizona.edu

Join your district's School Health Advisory Council (SHAC)

These school council's focus on creating wellness policies that address health concerns specific to their school.

Contact the SCHOOL LIAISON for more information:
Sepp Sprietsma at
sprietsma@email.arizona.edu

WERE YOU BORN TO LEAD?

Cochise Leadership Academy (CLA)

Cochise Leadership Academy is a course designed for leaders of all types from emerging leaders to those seeking to advance their existing leadership skills.

For more information and to learn how to enroll please contact **Charlotte Taylor** at
charlottetaylor@email.arizona.edu

Start a Garden

CONTACT OUR

GARDEN & PANTRY SPECIALIST

Interested in starting a **community or school garden or pantry?**

Contact **Cheyenne MacMasters** at
cmacmasters@email.arizona.edu



Contact the **Sr. Program Coordinator** for Building Healthy Communities for additional information or how to get involved:
Charlotte Taylor, M.Ed. Leadership at charlottetaylor@email.arizona.edu