

Who We Are

The **Ottawa County Wellness Coalition (OCWC)** is a collaboration of local hospitals, government, businesses, schools, area residents and other organizations within the community **working to empower Ottawa County residents to adopt healthy lifestyles.**

Local Action Teams

Get Involved!

For more information about OCWC please call or email:

Lisa Uganski, Chairperson, 616.393.5770
luganski@miottawa.org

Join your local Action Team:

Northeast - Kim Kooyers 616.393.5799
kkooyers@miottawa.org

Northwest - Mary Willey 616.847.5332
mwilley@noch.org

Southeast - Lisa Uganski 616.393.5770
luganski@miottawa.org

Southwest - Christa Thelen 616.748.8744
Katherine Bryers 616.494.4221



Ottawa County Wellness Coalition

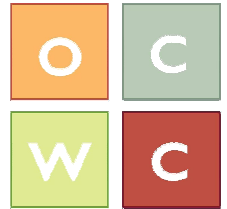
Steering Committee

- American Cancer Society
- City of Holland Recreation Division
- Holland Hospital
- North Ottawa Community Hospital
- Ottawa County Health Department
- Ottawa County MSU Extension
- Pathways of Michigan
- Smoke-Free Ottawa (A Tobacco Reduction Coalition)
- Zeeland Community Hospital

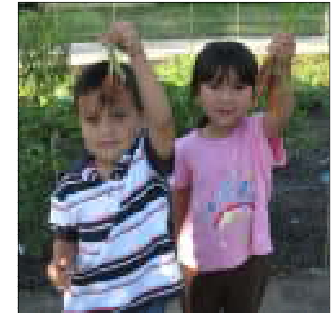


Ottawa County Wellness Coalition
1225 I James St., Suite 400
Holland, MI 49424

www.GetHealthyOttawa.org



OTTAWA COUNTY WELLNESS COALITION



Empowering
Ottawa County residents to
adopt healthy,
sustainable lifestyles!

Healthy Eating

OCWC promotes **healthy eating** through Farmers' Markets and Community Gardens.

Eat Fresh. Buy Local.

Rediscover the benefits of buying and gardening local food:

- Fresh Produce
- Sustain your local economy
- Eco-friendly



Smoke-Free Environments

OCWC assists Smoke-Free Ottawa: A Tobacco Reduction Coalition to create a healthier community through **tobacco-free living**.

- Smoke-Free Air Regulations
- 24/7 Smoke-Free School Campus Policies
- Resources for Smoking Cessation
- Michigan Tobacco QuitLine
1-800-784-8669



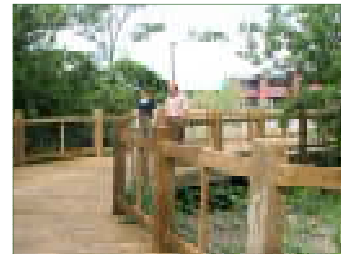
www.SmokeFreeOttawa.org

Physical Activity

OCWC promotes **physical activity** through the addition of walking trails, sidewalks, bike paths and recreational facilities.



Holland Apple Trail and Park



Zeeland NorthSide Pathway



Coopersville Community Trails



Holland Wellness Trail

See our website for all trail locations and maps

GetHealthyOttawa.org

Website and Resources

Check Out Our Website!

www.GetHealthyOttawa.org

Great information on:

- Local Farmers' Markets
- Opportunities for Physical Activity in Ottawa County
- Advocating for Healthy Lifestyles
- How to make Policy and Healthy Environmental Changes



You'll also find:

- Downloadable Resources
- Ottawa County Wellness Coalition Updates
- "Get Healthy Ottawa" Newsletter
- Walking Trail Maps
- Ottawa County Parks Link