

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 Cunningham 616.847.5332
mcunningham@noch.org

Southeast - Lisa Uganski 616.393.5770
luganski@miottawa.org

Southwest - Christine Powers
christinepowers11@yahoo.com



Ottawa County Wellness Coalition Steering Committee

- American Cancer Society
- American Heart Association
- City of Holland Recreation Division
- Holland Hospital
- North Ottawa Community Hospital
- Ottawa Area Intermediate School District
- Ottawa County Health Department
- 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
Look for the Ottawa County Wellness Coalition on: 



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

- Michigan's Smoke-Free Air Law
- Ottawa County's Smoke-Free Air Regulation
- 24/7 Smoke-Free School Campuses
- Law Enforcement Quarterly Tobacco Compliance Checks



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
- Search Engine for Physical Activity Opportunities in Ottawa County
- Advocating for Healthy Lifestyles
- How to make Policy and Healthy Environmental Changes
- "Fit for a Kid" an initiative of the Ottawa County Health Dept.



You'll also find:

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