



# HEALTHYLIVING MINNEAPOLIS

COMMUNITY RESOURCES FOR EVERYONE

## HealthyLiving Minneapolis

HealthyLiving Minneapolis is a network of Minneapolis organizations that provide accessible and affordable programs and services for healthy eating, physical activity, and tobacco cessation. This network of organizations partners with clinics to accept referrals and link patients to resources. The network's resources, along with similar resources statewide, are listed and updated online at [www.MNHelp.Info](http://www.MNHelp.Info).

## Network Organizations

Network organizations were selected based on patient and provider needs for public, free and low-cost resources that meet cultural and linguistic needs. HealthyLiving Minneapolis network organizations that partner with clinics to accept referrals and link patients to resources are:

- Minneapolis Community Education
- Minneapolis Park & Recreation Board
- University of Minnesota Extension, Simply Good Eating and Cooking Matters
- WellShare International
- YMCA of Metropolitan Minneapolis
- YWCA of Minneapolis

## Get Involved

If you are a clinic interested in partnering with HealthyLiving to refer patients, this is what you can expect:

- Learn about the programs and services offered through the network
- Partner with select network organizations to create a warm hand-off referral process
- Opportunities for patient and staff cooking and fitness demonstrations, incentives and trial passes

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Minneapolis Department of Health and Family Support (MDHFS)  
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## Vision

Partnerships across public health, clinics and community organizations capitalize on shared healthy lifestyle goals and provide coordinated services to meet community needs. The Healthy Living network is a sustainable way to connect Minneapolis residents to community-based resources to help them obtain and maintain a healthy weight, and to quit smoking. Healthy Living could be used to transform our community into one where people are linked to resources to live healthy via their schools, worksites, child care, and other venues, as well as their clinics.

## Partner Organizations

Partner organizations include network organizations providing services as well as other cultural and professional organizations that partner with HealthyLiving to meet its vision. Current partners are:

- Hennepin County Public Health Department
- Minneapolis Department of Health and Family Support
- Minnesota Dietetic Association
- UCare
- University of Minnesota, School of Public Health, Nutrition



If you need this material in an alternative format please call Minneapolis Department of Health and Family Support at 612-673-2301 or email [health.familysupport@minneapolismn.gov](mailto:health.familysupport@minneapolismn.gov). Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000. TTY users may call 612-673-2157 or 612-673-2626.

Attention: If you have any questions regarding this material please call Minneapolis Department of Health and Family Support 612-673-2301. Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800; Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llama 612-673-2700; Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500